

# BACHELOR of SCIENCE IN EXERCISE AND WELLNESS—ASU EAST COLLEGE

*Prerequisite courses are shown in parenthesis following required course*

<b>Name (Last, First, MI)</b>	<b>ASU I.D. No.</b>	<b>Catalog Year 2006-2007</b>	<b>Major: EXERCISE and WELLNESS Concentration: Exercise and Wellness</b>
-------------------------------	---------------------	-----------------------------------	--

UNIVERSITY REQUIREMENTS		AGEC or TGECC Certification p Yes p No	
Course Number and Title	Sem. Hrs.	Grade	Upper Div
<b>First Year Composition (6 hrs)</b>			
ENG 101 FIRST-YEAR COMP	3		
ENG 102 FIRST-YEAR COMP (ENG 101)	3		
<i>Sub Total</i>		<b>6</b>	
<b>University General Studies</b>			
<b>Core Areas</b>			
<b>Humanities/Fine Arts &amp; Social/Behavioral Sciences (15 hours)</b> 15 hrs. combined 6 hrs in one area, 9 hrs in the other AND 1 course must be upper division			
HU:	3		
HU:	3		
SB: PGS 101	3		
SB:	3		
HU or SB: [UPPER DIV] EXW 450			
<b>Natural Sciences (8 hrs.)</b>			
SQ: CHM 101	4		
SG: BIO 201	4		
<b>Literacy and Critical Inquiry (6 hours)</b>			
L: COM 225 (ENG 101)	3		
L: EXW 300	3		
<b>Mathematics &amp; Statistics/Quantitative/Computer Applications (6 hours)</b>			
MA: MAT 142 College Mathematics	3		
CS: EXW 310 (MAT 142)			
<i>Sub Total</i>		35	
<b>Awareness Areas (6 hrs. minimum and must fulfill all 3) Double counting is allowed between Awareness Areas and any other course that fulfills graduation requirements and also within the Awareness Areas</b>			
C: EXW 450			
G: Global Awareness [share with HU or SB]	3		
H: Historical Awareness [share with HU-SB]	3		
<b>ADDITIONAL REQUIREMENTS</b>			
BIO 202	4		
<i>Sub total:</i>			

MAJOR REQUIREMENTS			
A. Major			
Course Number and Title	Sem. Hrs.	Grade	Upper Div
NTR 241 Human Nutrition (CHM 101)	3		
EXW 300 Foundations of Exercise and Wellness			3
EXW 342 Health Behavior Change (PGS 101)	3		3
EXW 320 Program Development and Leadership (COM225)	3		3
EXW 310 Computer Skills and Technology for Exercise and Wellness (MAT142)	3		3
EXW 315 Physiological Foundations of Movement (BIO 202)	3		3
EXW 330 Kinesiological Foundations of Movement (BIO202)	3		3
EXW 450 Cultural and Social Issues in Exercise and Wellness (PGS101 & EXW300)	3		3
EXW 400 Stress Management for Wellness (PGS 101)	3		3
EXW 420 Exercise Testing (EXW 315 and CPR cert.)	3		3
EXW 425 Exercise Prescription (EXW 320,330 &420)	3		3
EXW 212 Flexibility	2		
EXW 212 Strength	2		
EXW 212 Cardio Resp.	2		
EXW Concentration Elective	3		3
EXW 484 Internship – 300 hours (EXW 310, 320, 420, 425 &CPR cert.)	6		6
<i>Sub Total</i>		<b>45</b>	
<b>GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS</b>			
Upper Division Elective	6		6
Electives	24-30		
<i>Sub Total:</i>			

Revised 1/10/06

Academic recognition is granted to undergraduate candidates completing **56** or more hours of resident work at Arizona State University and having the appropriate grade point average.

Minimum of 45 upper division credits are needed for graduation \_\_\_\_\_

COMPLETED CREDITS \_\_\_\_\_ UD \_\_\_\_\_

**TOTAL NUMBER OF CREDITS NEEDED FOR GRADUATION IS 120**

Advisor: \_\_\_\_\_ Date: \_\_\_\_\_