

BACHELOR of SCIENCE IN EXERCISE AND WELLNESS

School of Applied Arts and Sciences

Prerequisite courses are shown in parenthesis following required course

Name (Last, First, MI)	ASU I.D. No.	Catalog Year 2007-2008	Major: EXERCISE and WELLNESS Concentration: Exercise and Wellness
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UNIVERSITY REQUIREMENTS			AGEC or TGECC Certification p Yes p No	
Course Number and Title	Credit Hours	Grade	Upper Div	
First Year Composition (6 hours)				
ENG 101 FIRST-YEAR COMP	3			
ENG 102 FIRST-YEAR COMP (ENG 101)	3			
<i>Sub Total</i>			6	
University General Studies				
Core Areas				
Humanities/Fine Arts & Social/Behavioral Sciences (15 hours) 1 course must be upper division				
HU:	3			
HU:	3			
SB: PGS 101	3			
SB:	3			
HU or SB: [UPPER DIV]	3		3	
Natural Sciences (8 hrs.)				
SQ: CHM 101	4			
SG: BIO 201	4			
Literacy and Critical Inquiry (6 hours)				
L: COM 225 (ENG 101)	3			
L: EXW 450 (ENG 101 & PGS 101)				
Mathematics & Statistics/Quantitative/Computer Applications (6 hrs.)				
MA: MAT 142 or higher	3			
CS: EXW 310 (MAT 142 or higher)				
<i>Sub Total</i>			___	___
Awareness Areas:				
C:				
G:				
H:				
ADDITIONAL REQUIREMENTS				
BIO 202	4			
<i>Sub Total</i>			___	___

MAJOR REQUIREMENTS			
Course Number and Title	Credit Hrs.	Grade	Upper Div
NTR 241 Human Nutrition (CHM 101)	3		
EXW 300 Foundations of Exercise & Wellness	3		3
EXW 342 Health Behavior Change (PGS 101)	3		3
EXW 320 Program Development and Leadership	3		3
EXW 310 Computer Skills and Technology for Exercise and Wellness (MAT 142 or higher)	3		3
EXW 315 Physiological Foundations of Movement (BIO 202)	3		3
EXW 330 Kinesiological Foundation of Movement (BIO 202)	3		3
EXW 450 Cultural and Social Issues in Exercise and Wellness (ENG 101 & PGS 101)	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	2		
EXW Concentration Elective	3		3
EXW 484 Internship - 300 hours (EXW 310, 320, 420, 425 & CPR Certification)	6		6
<i>Sub Total</i>			48
GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS			
ASU 101: The ASU Experience (Required of Freshmen Only)	1		
<i>Sub Total:</i>			___

Sub Total ___

Minimum of 45 upper division credits are needed for graduation
COMPLETED CREDITS ___ **UD** ___
TOTAL NUMBER OF CREDITS NEEDED FOR GRADUATION IS 120

Advisor: _____ Date: _____