

Bachelor of Applied Science Degree

Wellness

2004-2005 Curriculum Check Sheet

East College

Student Name _____	ID. Number _____
A.A.S. Degree _____	Date A.A.S. Degree Granted _____
A.A.S. Degree Granting Institution _____ <i>A ASU Catalog Year 2004-2005</i>	
B.A.S. Academic Department Exercise and Wellness	Advisor _____
Number of Upper Division Transfer Credits _____	Expected Graduation Date _____
Institution of Transfer Course Work (Upper Division Only) _____	

General Studies Sequence (19 Hours)

	ASU	Transfer	Transfer From	Grade
Numeracy - ASC 315	3			
Science - ASC 325	4			
Literacy [L1] Upper Division	3			
Humanities [HU], [H]Upper Division	3			
Social Science [SB] Upper Division	3			
General Studies [HU or SB] Upper Division (G)	3			

(Suggested courses are tinted) Sub Total 19 Hrs. _____

B.A.S. Area Core (15 Hours)

	ASU	Transfer	Transfer From	Grade
EXW 300 Foundations of Exercise and Wellness (L)	3			
EXW 310 Computer Skills & Tech. for EXW (CS)	3			
EXW 320 Program Development and Leadership	3			
EXW 325 Fitness for Life	3			
EXW 346 Program Evaluation in Health Promotion	3			

Sub Total 15 Hrs. _____

Wellness Concentration (21 Hours)

	ASU	Transfer	Transfer From	Grade
EXW Elective (upper division 300 or 400 level)	3			
EXW 342 Health Behavior Change	3			
EXW 350 Substance Abuse and Addictive Behavior	3			
EXW 400 Stress Management for Wellness	3			
EXW 442 Physical Activity in Health & Disease (L)	3			
EXW 444 Epidemiology	3			
EXW 450 Cultural and Social Issues in EXW (SB, C)	3			

Sub Total 21 Hrs. _____

Assignable Credits (5 Hours)

	ASU	Transfer	Transfer From	Grade
EXW 484 Internship (250 hrs)	5			

Sub Total 5 Hrs. _____

BAS Degree Summary

Credit Hours

A.A.S. Degree Block Transfer	60
General Studies	
B.A.S. Area Core	
Health Promotion	
Assignable Credits	

Total (120 Hours Minimum) _____

Advisor Comments

Total Upper Division Hours _____

Total ASU Resident Hours _____

_____ Student Signature	_____ Date	_____ Dean Signature	_____ Date
_____ Advisor/Chair Signature	_____ Date	_____ University Signature	_____ Date