

2024-2025 ASSOCIATE IN ARTS (A.A) AWC ADVISEMENT CHECK SHEET

To help you decide upon which courses to include in both the major and elective blocks, you and your advisor should consult university requirements (aztransfer.com) for specific required and recommended courses. Sign in to your [Self-Service Student Planning](#) account to load the recommended program map and to track your academic progress.

EXERCISE, WELLNESS AND NUTRITION

Student Name	ID #	Advisor	Major Code: AA.EXWN Credits: 64
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Designed to prepare individuals for employment in the fitness or health and wellness industry and/or prepare the individual interested in continuing their education leading to careers in exercise science, health and wellness, or nutrition.

Required Major Courses (20 Credits)		Cr	Sem	Notes
EXW 100	Health and Wellness	3		
EXW 101	Concepts of Kinesiology and Physical Education	3		
EXW 212	Exercise Science	3		
MAT 270	Applied Statistics	4		
BIO181	General Biology	4		
NTR 201	Nutrition	3		

Other Departmental Requirements (9 Credits)		Cr	Sem	Notes
Select a minimum of 9 credits from one the following emphases				

Emphasis in Fitness & Exercise				
EXW210	Essentials of Personal Fitness Training	16		
EXW 225	Exercise Physiology	3		
EXW 265	Exercise For Special Populations	3		
EXW 275	Fitness Professional Practicum	4		
EXW 150	Nutrition for Exercise & Sports	2		

Emphasis in Health & Fitness				
PEM 202	Sports Injury Management	3		
PEM 208	Sports Injury Treatment	3		
PEM 210	Athletic Training Practicum	3		
EXW 265	Exercise For Special Populations	3		
EXW 150	Nutrition for Exercise & Sports	2		
NTR 205	Nutrition Through the Life Cycle	3		
NTR 210	Nutrition & Disease	3		

Arizona General Education Curriculum - AGEC-A (35 Credits)		Cr	Sem	Notes
See the AGEC-A course list in the current catalog for selection of courses.				

English Composition (6 credits)				
ENG 101 or 107	Freshman Composition	3		
ENG 102 or 108	Freshman Composition	3		

Mathematics (3 credits)				
MAT 142	College Mathematics with Applications OR approved higher level math	3		

Arts/Humanities - Select at least one course from the Arts list and one course from the Humanities list. (6 credits)				
	Arts:			
	Humanities: PHI 105 Introduction to Ethics recommended			

Social and Behavioral Sciences (6 credits)				
PSY 101	Introduction to Psychology	3		
FAS 238	Human Development	3		

Physical and Biological Sciences (8 credits)				
BIO 201	Anatomy and Physiology I	4		
BIO 202	Anatomy and Physiology II	4		

Additional Courses (6 credits)				

General Electives Recommended for U of A		Cr	Sem	Notes
CHM 151	General Chemistry I (recommended for U of A)	4		
CHM152	General Chemistry II (recommended for U of A)	4		

*Dual Application of Courses is the sharing of coursework between the AGEC and major or program requirements which allows the student to meet both requirements with a single course. Students must still meet the required number of credits to satisfy the program or degree.

List any courses used to satisfy program or degree credits due to dual application and or courses that satisfy the Cultural (C) and Global (G) or Historical (H), or Writing Intensive (WI) awareness areas.

	Dual App
	Dual App

		C or G
		H
		WI