

## 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](http://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

|                     |             |                |                                                  |
|---------------------|-------------|----------------|--------------------------------------------------|
| <b>Student Name</b> | <b>ID #</b> | <b>Advisor</b> | <b>Major Code: AA.EXWN</b><br><b>Credits: 64</b> |
|---------------------|-------------|----------------|--------------------------------------------------|

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      | 4 |  |  |
| 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 <b>OR</b> 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     |