


2014 - 2015 Major Map


Exercise and Wellness (Fitness and Wellness Specialist), BS



School/College: College of Health Solutions
ECEXWBS


ASU is no longer accepting new students to this program. Interested students should apply to the BS program in **clinical exercise science.**


Term 1 0 - 16 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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ASU 101: The ASU Experience	1		
 EXW 100: Introduction to Health and Wellness (SB)	3	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
MAT 117: College Algebra (MA) OR MAT 170: Precalculus (MA)	3	C	
Humanities, Arts and Design (HU) AND Global Awareness (G)	3		
Elective	3		
Term hours subtotal:	16		



Term 2 16 - 31 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 CHM 101: Introductory Chemistry (SQ) OR CHM 113: General Chemistry I (SQ)	4	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
EXW 214: Flexibility Instructional Competency Laboratory	2	C	
PSY 101: Introduction to Psychology (SB)	3	C	
Elective	3		
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	15		

Term 3 31 - 46 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 BIO 201: Human Anatomy and Physiology I (SG)	4	C	
EXW 218: Cardiovascular Instructional Competency Laboratory	2	C	
NTR 241: Human Nutrition	3	C	

PSY 230: Introduction to Statistics (CS) OR STP 226: Elements of Statistics (CS) OR SOC 390: Social Statistics I (CS) OR SWU 321: Statistics for Social Workers (CS) OR STP 231: Statistics for Life Science (CS)	3	C	
Humanities, Arts and Design (HU) AND Historical Awareness (H)	3		
 Complete First-Year Composition requirement.			
 Complete Mathematics (MA) requirement.			
Term hours subtotal:	15		
Term 4 46 - 61 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 BIO 202: Human Anatomy and Physiology II (SG)	4	C	
COM 225: Public Speaking (L)	3	C	
EXW 216: Muscular Strength Instructional Competency Laboratory	2	C	
 EXW 290: Foundations of Health Promotion and Wellness (SB)	3	C	
Elective	3		
Term hours subtotal:	15		
Term 5 61 - 76 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
 EXW 315: Physiological Foundations of Movement AND EXW 316: Physiological Foundations of Movement Laboratory OR EXW 330: Kinesiological Foundations of Movement	4	C	
EXW 320: Management and Leadership in Exercise and Wellness	3	C	
EXW 342: Health Behavior Change	3	C	
Elective	5		
Term hours subtotal:	15		
Term 6 76 - 92 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
 EXW 315: Physiological Foundations of Movement AND EXW 316: Physiological Foundations of Movement Laboratory OR EXW 330: Kinesiological Foundations of Movement	4	C	
EXW 400: Stress Management for Wellness	3	C	
EXW 344: Physical Activity in Health and Disease	3	C	
Complete 2 courses: Elective	6		

Term 7 92 - 108 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
 EXW 425: Exercise Prescription	3	C	
EXW 420: Exercise Testing	4	C	
EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C)	3	C	
Upper Division Humanities, Arts and Design (HU) OR Upper Division Social-Behavioral Sciences (SB)	3		
Upper Division Elective	3		
Term hours subtotal:	16		

Term 8 108 - 120 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
 EXW 484: Internship	6	C	
Upper Division Concentration Elective	3	C	
Elective	3		
Term hours subtotal:	12		

Hide Course List(s)/Track Group(s)

Concentration Electives

EXW 348: Methods of Health Education

EXW 350: Substance Abuse and Addictive Behavior

EXW 380: Body Image and Wellness

EXW 460: Resistance Training Application and Theory

EXW 494: Special Topics

EXW 499: Individualized Instruction

HSC 300: Complementary Healthcare

HSC 320: Applied Medical/Healthcare Ethics (HU)

HSC 420: Evaluation of Health Sciences Research

KIN 442: Fuel Metabolism

NTR 340: Applications in Human Nutrition

NTR 345: Development of Healthy Cuisines

NTR 348: Cultural Aspects of Food (SB & C & G)

NTR 350: Nutrition Counseling (SB)

NTR 351: Nutrition and Health Communications (L)

NTR 450: Nutrition in the Life Cycle (SB)

NTR 457: Sports Nutrition

PSY 341: Developmental Psychology (SB)

PSY 366: Abnormal Psychology (SB)

Total Hours: 120

Upper Division Hours: 45 minimum

Major GPA: 2.00 minimum

Cumulative GPA: 2.00 minimum

Total hrs at ASU: 30 minimum

Hrs Resident Credit for

Academic Recognition: 56 minimum

Total Community College Hrs: 64 maximum

General University Requirements Legend

General Studies Core Requirements:

- Literacy and Critical Inquiry (L)
- Mathematical Studies (MA)
- Computer/Statistics/Quantitative Applications (CS)
- Humanities, Arts and Design (HU)
- Social-Behavioral Sciences (SB)
- Natural Science - Quantitative (SQ)
- Natural Science - General (SG)

General Studies Awareness Requirements:

- Cultural Diversity in the U.S. (C)
- Global Awareness (G)
- Historical Awareness (H)

First-Year Composition

General Studies designations listed next to courses on the major map were valid for the 2014 - 2015 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.