


2015 - 2016 Major Map


Exercise and Wellness (Health Promotion), BS



School/College: College of Health Solutions
ECEXWHBS


ASU is no longer accepting new students to this program. Interested students should apply to the BS program in health education and health promotion.



Term 1 0 - 16 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 EXW 100: Introduction to Health and Wellness (SB)	3	C	
ASU 101: The ASU Experience	1		
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)	3	C	
Humanities, Arts and Design (HU) AND Historical Awareness (H)	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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 EXW 102: Principles and Foundations of Health Education and Health Promotion	3	C	
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	
Complete 2 courses: Elective	5		
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	15		

Term 3 31 - 47 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 BIO 201: Human Anatomy and Physiology I (SG)	4	C	
 PSY 101: Introduction to Psychology (SB)	3	C	
NTR 241: Human Nutrition	3	C	

Complete 2 courses:
Elective

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❗ Complete First-Year Composition requirement.

❗ Complete Mathematics (MA) requirement.

Term hours subtotal: 16

Term 4 47 - 63 Credit Hours Critical course signified by ❗	Hours	Minimum Grade	Notes
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❗ BIO 202: Human Anatomy and Physiology II (SG) 4 C

COM 225: Public Speaking (L) 3 C

EXW 284: Exercise and Wellness PreInternship 1 C

STP 226: Elements of Statistics (CS) OR
STP 231: Statistics for Life Science (CS) OR
Computer/Statistics/Quantitative Applications (CS) 3 C

Humanities, Arts and Design (HU) AND Global Awareness (G) 3

Elective 2

Term hours subtotal: 16

Term 5 63 - 78 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 342: Health Behavior Change 3 C

EXW 315: Physiological Foundations of Movement 3 C

EXW 320: Management and Leadership in Exercise and
Wellness 3 C

EXW 400: Stress Management for Wellness 3 C

EXW 344: Physical Activity in Health and Disease 3 C

Term hours subtotal: 15

Term 6 78 - 93 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 348: Methods of Health Education 3

EXW 454: Health Promotion Program Planning and
Implementation 3 C

EXW 350: Substance Abuse and Addictive Behavior 3 C

EXW 436: Community Health 3 C

EXW 444: Epidemiology 3 C

Term hours subtotal: 15

Term 7 93 - 108 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 456: Health Promotion Program Evaluation	3	C	
EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C)	3	C	
EXW 466: Health Promotion Program Management and Administration	3	C	
Upper Division Concentration Elective	3	C	
Upper Division Humanities, Arts and Design (HU) OR Upper Division Social-Behavioral Sciences (SB)	3		
Term hours subtotal:	15		

Term 8 108 - 120 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 484: Internship	6	C	
Complete 2 courses: Elective	6		
Term hours subtotal:	12		

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

Concentration Electives
EXW 380: Body Image and Wellness
EXW 494: Special Topics
EXW 499: Individualized Instruction
FAS 332: Human Sexuality (SB)
HSC 300: Complementary Healthcare
HSC 420: Evaluation of Health Sciences Research
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
NTR 351: Nutrition and Health Communications (L)
NTR 450: Nutrition in the Life Cycle (SB)
NTR 457: Sports Nutrition

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 2015 - 2016 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.