

2016 - 2017 Major Map

Exercise and Wellness (Strength and Conditioning Specialist), BS

School/College: College of Health Solutions
NHEXWSCBS

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

Term 1 0 - 16 Credit Hours Critical course signified by ⚠	Hours	Minimum Grade	Notes
⚠ EXW 100: Introduction to Health and Wellness (SB) OR EXW 101: Foundations in Exercise Science and Wellness	3	C	<ul style="list-style-type: none"> An SAT, ACT, Accuplacer, IELTS or TOEFL score determines placement into first-year composition courses ASU Mathematics Placement Test score determines placement in mathematics course ASU 101 or college-specific equivalent First-Year Seminar required of all freshman students If student plans to eventually enter a graduate school, a higher level math should be taken in term 1 or later as an elective if the student only tests into MAT 117 in term 1.
CHS 101: The ASU Experience for Health Solutions Students	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) 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
⚠ EXW 100: Introduction to Health and Wellness (SB) OR EXW 101: Foundations in Exercise Science and Wellness	3	C	
EXW 214: Flexibility Instructional Competency Laboratory OR ⚠ EXW 216: Muscular Strength Instructional Competency Laboratory OR EXW 218: Cardiovascular Instructional Competency Laboratory	2	C	
CHS 100: Introduction to Health Solutions	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 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
⚠ BIO 201: Human Anatomy and Physiology I (SG)	4	C	
EXW 214: Flexibility Instructional Competency Laboratory OR ⚠ EXW 216: Muscular Strength Instructional Competency Laboratory OR EXW 218: Cardiovascular Instructional Competency Laboratory	2	C	
NTR 241: Human Nutrition	3	C	
PSY 101: Introduction to Psychology (SB)	3	C	

SOC 390: Social Statistics I (CS) OR STP 226: Elements of Statistics
(CS) OR STP 231: Statistics for Life Science (CS) OR SWU 321:
Statistics for Social Workers (CS)

3

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❗ 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
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❗ BIO 202: Human Anatomy and Physiology II (SG) 4 C

EXW 214: Flexibility Instructional Competency Laboratory OR
❗ EXW 216: Muscular Strength Instructional Competency Laboratory 2 C
OR EXW 218: Cardiovascular Instructional Competency Laboratory

HSC 210: Cultural Aspects of Health (C) 3 C

KIN 290: Introduction to Evidence-Based Practice (L) 3 C

Humanities, Arts and Design (HU) AND Historical Awareness (H) 3

Term hours subtotal: 15

Term 5 61 - 77 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 315: Physiological Foundations of Movement AND EXW
316: Physiological Foundations of Movement Laboratory 4 C

BMI 201: Introduction to Clinical Informatics 3 C

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

EXW 330: Kinesiological Foundations of Movement 4 C

Elective 2

Term hours subtotal: 16

Term 6 77 - 93 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 342: Health Behavior Change 3 C

★ EXW 420: Exercise Testing 4 C

EXW 284: Exercise and Wellness PreInternship 1 C

HSC 304: Health Communication 3 C

NTR 457: Sports Nutrition 3 C

Elective 2

Term hours subtotal: 16

Term 7 93 - 108 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 425: Exercise Prescription 3 C

EXW 434: Fitness and Strength Conditioning 3 C

EXW 460: Resistance Training Application and Theory 3 C

EXW 498: Pro-Seminar (L) 3 C

Elective 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

Upper Division Humanities, Arts and Design (HU) OR Upper
Division Social-Behavioral Sciences (SB) 3

Elective 3

Term hours subtotal: 12

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

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 2016 - 2017 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.