



DEGREE MAP

The following sequence is an example of how this program can be completed within the recommended time frame. It presumes that all course and program prerequisites have been met. Completion times may vary depending on individual circumstances. Students should consult an advisor when they plan their individual completion path using MyDegreePlan.

Program Name: Exercise Science, Health and Physical Education, Recreation and Wellness - Associate of Arts Degree

Locations Offered: Benson Center, Douglas Campus, and Sierra Vista Campus

First Semester: Fall

Requirement Category	Course(s)	Delivery*	Credits
Gen Ed-Composition	ENG 101 Composition	F2F, OL	3
Gen Ed-Laboratory Sciences	BIO 156 Intro Biology Allied Health or BIO 181 Gen Biology I	F2F, OL	4
Gen Ed-Mathematics	MAT 142 College Math, MAT 151 Precalculus Algebra, or higher	F2F, OL	3-5
Gen Ed-Social & Beh Sciences		F2F, OL	3
Elective		F2F, OL	3

Second Semester: Spring

Requirement Category	Course(s)	Delivery*	Credits
Gen Ed-Arts		F2F, OL	3
Gen Ed-Composition	ENG 102 English Composition	F2F, OL	3
Gen Ed-Humanities		F2F, OL	3
Gen Ed-Laboratory Sciences		F2F, OL	4
Elective		F2F, OL	3

Third Semester: Fall

Requirement Category	Course(s)	Delivery*	Credits
Core Curriculum	BIO 201 Human Anatomy and Physiology I	F2F, OL	4
Gen Ed-Elective		F2F, OL	2-3
Gen Ed-Social & Beh Sciences		F2F, OL	3
Elective		F2F, OL	3
Elective		F2F, OL	3

Fourth Semester: Spring

Requirement Category	Course(s)	Delivery*	Credits
Core Curriculum	BIO 202 Human Anatomy and Physiology II	F2F, OL	4
Gen Ed-Elective		F2F, OL	2-3
Elective		F2F, OL	3
Elective		F2F, OL	3
Elective		F2F, OL	1-3

Total credits required: 64

*Key: F2F = Face-to-Face OL = Online

Reviewed: 3/1/2022

Notes: