

DEGREE MAP

The following sequence is an example of how this degree can be completed in two years. This sequence is based on satisfaction of all Basic Skills requirements and prerequisites, and presumes a fall start date. An individual's program may vary depending on transfer institution, career objectives, or individual needs. See your counselor for other options and to monitor your progress.

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

Location(s) Offered:

Benson Center, Douglas Campus, and Sierra Vista Campus

Learning Outcomes: *Students who successfully complete this program will be able to do the following:*

1. Demonstrate an understanding of and analyze the physical, structural, and functional features of tissues, and of the integumentary, skeletal, muscular, and nervous systems.
2. Demonstrate an understanding of and analyze the physical, structural, and functional features of the endocrine, cardiovascular, respiratory, lymphatic, urinary, digestive, and reproductive systems.
3. Explain the benefits of, and participate in, activities related to fitness, recreation, or sports.
4. Develop an individualized program of diet and exercise.
5. Demonstrate an understanding of, analyze, and articulate practical and theoretical applications of current practices necessary for wellness and optimum health.

Course or program prerequisite(s) not included in the degree:

ENG 101 Composition requires appropriate English placement score (or see advisor).
MAT 142 College Mathematics requires appropriate mathematics placement score (or see advisor).
This program requires RDG 122 Reading Critically or exemption.

Program Reviewed: Feb 22, 2016

Key:

IW=Intensive Writing
F2F=Face-to-Face Instruction
ITV=Instructional Television
VC=Virtual Campus/Online

<i>Requirements</i>	<i>Course(s) Recommended</i>	<i>Delivery Method</i>	<i>Credits</i>
First Semester (Fall):			
General Education-Composition	ENG 101 Composition	F2F,VC	3
General Education-Lab Sciences	BIO 156 Intro Biology Allied Health or BIO 181 Gen Biology I****	F2F	4
General Education-Mathematics	MAT 142 College Math, MAT 151 Precalculus Algebra, or higher	F2F,VC	3-5
General Education-Social & Beh Sciences		F2F,VC	3
Elective**		F2F,VC	3
Second Semester (Spring):			
General Education-Arts		F2F,VC	3
General Education-Composition	ENG 102 English Composition	F2F,VC	3
General Education-Humanities		F2F,VC	3
General Education-Lab Sciences		F2F,VC	4
Elective**		F2F,VC	3
Third Semester (Fall):			
Core Curriculum	BIO 201 Human Anatomy and Physiology I****	F2F,VC	4
General Education-Elective*		F2F,VC	2-3
General Education-Social & Beh Sciences		F2F,VC	3
Elective**		F2F,VC	3
Elective**		F2F,VC	3
Fourth Semester (Spring):			
Core Curriculum	BIO 202 Human Anatomy and Physiology II	F2F	4
General Education-Elective*		F2F,VC	2-3
Elective**		F2F,VC	3
Elective**		F2F,VC	3
Elective**		F2F,VC	1-3

Total credits required: 64

Notes:

Six credits of arts, humanities, social and behavioral sciences, or general education electives must be chosen from the current listing of intensive writing courses. See www.cochise.edu/AGEC.

University non-English language requirements vary. Check with your advisor.

*General education electives or general education requirements must be chosen from the general education list. See www.cochise.edu/AGEC.

**Elective courses must be transferable to the university or universities to which the student plans to transfer. See www.aztransfer.com.

****BIO 201 requires BIO 156, BIO 181, or passing score on the biology placement exam.