

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: Fitness and Wellness (FIT) - Associate of Arts

Locations Offered: Douglas Campus and Sierra Vista Campus

First Semester: Fall

Requirement Category	Course(s)	Delivery*	Credits
Gen Ed-Writ Communication	ENG 101 (SUN# ENG 1101) Composition or ENG 101L Composition with Support Lab	CB, OL	3
Gen Ed-Quant Reasoning	MAT 151 (SUN# MAT 1151) Precalculus or MAT 151L Precalculus with Support Lab or higher	CB, OL	3-5
Gen Ed-Arts		CB, OL	3
Gen Ed-Social & Beh Sciences	PSY 101 (SUN# PSY 1101) Introduction to Psychology	CB, OL	3
Elective			3

Second Semester: Spring

Requirement Category	Course(s)	Delivery*	Credits
Gen Ed-Writ Communication	ENG 102 (SUN# ENG 1102) English Composition	CB, OL	3
Gen Ed-Natural Sciences	CHM 130 (SUN# CHM 1130) Fundamental Chemistry	CB, OL	4
Gen Ed-Natural Sciences	BIO 156 Introductory Biology for Allied Health or BIO 181 (SUN# BIO 1181) General Biology I (for majors)	CB, OL	4
Gen Ed-Social & Beh Sciences		CB, OL	3
Elective		CB, OL	3

Third Semester: Fall

Requirement Category	Course(s)	Delivery*	Credits
Gen Ed-Oral Communication	COM 102 (SUN# COM 1100) Essentials of Communication	CB, OL	3
Gen Ed-Inst in the Americas		CB, OL	3
Core Curriculum	BIO 201 (SUN# BIO 2201) Human Anatomy and Physiology I	CB, OL	4
Core Curriculum	FON 201 Applied Nutrition	CB, OL	3
Elective			1-3

Fourth Semester: Spring

Requirement Category	Course(s)	Delivery*	Credits
Gen Ed-Humanities		CB, OL	3
Core Curriculum	BIO 202 (SUN# BIO 2202) Human Anatomy and Physiology II	CB, OL	4
Core Curriculum	HPE 179 Lifelong Wellness		3
Core Curriculum	MAT 167 (SUN# MAT 1160) Elements of Statistics or PSY 250 Introduction to Psychological Research, Measurements, and Statistics (4)	CB, OL	3-4
Elective		CB, OL	0-2

Total Credits: 60

*Key: CB=Campus-Based (In Person or Hybrid: Requires attendance at a physical location)

OL=Online (Synchronous, Asynchronous, or Online Combo)

Notes: