

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: Douglas Campus and Sierra Vista Campus

First Semester: Fall

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

Second Semester: Spring

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

Third Semester: Fall

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

Fourth Semester: Spring

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

Total Credits Required: 60-64

*Key *CB = Campus-Based (In Person or Hybrid: Requires attendance at a physical location)*
 OL = Online (Synchronous, Asynchronous, or Online Combo)

Reviewed: 3/1/2025

Notes: