



| Fall Term 1 | | Hours | Notes |
|---|--|-----------|-------|
| <i>12 credit hours</i> | | | |
| • EXW 154 - Theory of Coaching | | 3 | |
| • EXW 168 - Sport Psychology and Mental Skills | | 3 | |
| • EXW 251 - Integrated and Applied Exercise Science | | 3 | |
| • PSY 245 - Human Growth and Development | | 3 | |
| Term hours subtotal: | | 12 | |

| Spring Term 1 | | Hours | Notes |
|---|--|----------|-------|
| <i>5 credit hours</i> | | | |
| • EXW 150 - Essentials of Athletic Injury Management and Prevention | | 3 | |
| • EXW 153 - First Aid/CPR/AED and Safety | | 2 | |
| Term hours subtotal: | | 5 | |

This recommended sequence is not a binding agreement of any kind between Yavapai College and the student, but merely represents a potential curriculum which may be altered as appropriate to meet the student's academic objectives. Course availability is subject to change and all courses are not available every semester. Students should inquire each semester with their Advisor before registering to determine current requirements and possible changes to the suggested curriculum.