



Fall Term 1		Hours	Notes
<i>12 credit hours</i>			
<ul style="list-style-type: none"> EXW 251 Integrated and Applied Exercise Science 		3	
1st 8 weeks			
<ul style="list-style-type: none"> EXW 130H Weight Management 		3	
<ul style="list-style-type: none"> EXW 152 Personal Health and Wellness 		3	
2nd 8 weeks			
<ul style="list-style-type: none"> EXW 157 Performance Nutrition 		3	
		Term hours subtotal:	12

Spring Term 1		Hours	Notes
<i>4 credit hours</i>			
1st 8 weeks			
<ul style="list-style-type: none"> EXW 100M Foundations of Mind-Body Exercise 		1	
2nd 8 weeks			
<ul style="list-style-type: none"> EXW 252 ACE Personal Trainer Preparation 		3	
		Term hours subtotal:	4

This recommended sequence is not a binding agreement of any kind between Yavapai College and the student, but merely represents a potential curriculum that 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.