



Term 1 16 credit hours		Hours	Notes
<i>All classes in this program are offered in both fall and spring terms.</i>			
1st 8 weeks			
• EXW 152 Personal Health and Wellness		3	Prerequisites: Reading Proficiency.
• EXW 157 Performance Nutrition		3	
• EXW 251 Integrated and Applied Exercise Science		3	
2nd 8 weeks			
• EXW 100M Foundations of Mind-Body Exercise		1	
• EXW 130H Weight Management		3	
• EXW 252 ACE Personal Trainer Preparation		3	
		Term hours subtotal:	16

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.