



Fall Term 1 13 credit hours		Hours	Notes
1st 8 weeks			
• ENG 101 College Composition I <i>Recommended Written Communication</i>		3	Prerequisites: Satisfactory score on the English skills assessment. Reading Proficiency.
• BIO 160 Introduction to Human Anatomy & Physiology <i>Recommended Natural Science</i>		4	Prerequisite: Reading Proficiency.
2nd 8 weeks			
• EXW 205 Stress Management		3	
• EXW 230 Complementary and Integrative Health Therapies		3	
		Term hours subtotal:	13

Spring Term 1 16 credit hours		Hours	Notes
1st 8 weeks			
• EXW 152 Personal Health and Wellness		3	Prerequisite: Reading Proficiency.
• EXW 157 Performance Nutrition		3	
• EXW 251 Integrated & 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

Summer Term 1 7 credit hours		Hours	Notes
• IHF 130 Hatha Yoga		1	
• IHF 160 T'ai Chi		1	
• IHF 190 Reiki		2	
• IHF 220 Herbal Remedies		3	
		Term hours subtotal:	7

Fall Term 2		11 credit hours	Hours	Notes
1st 8 weeks				
•	COM 134 Interpersonal Communication <i>Recommended Oral Communication</i>		3	Prerequisite: Reading Proficiency.
2nd 8 weeks				
•	NTR 135 Human Nutrition		3	Prerequisite Reading Proficiency.
•	General Education Requirement <i>Recommended Mathematics</i>		3	
•	EXW 210 Introduction to Mindfulness Meditation and Self-Compassion		2	
Term hours subtotal:			11	

Spring Term 2		13 credit hours	Hours	Notes
1st 8 weeks				
•	EXW 160 Health and Wellness Coaching		3	
•	PHI 204 Medical Ethics		3	Prerequisites: ENG 101 OR ENG 101 H. Reading Proficiency.
•	IHF 110 Meditation for Well-Being		1	
2nd 8 weeks				
•	EXW 130J Weight Loss and Health with Whole Food		2	
•	NTR 145 Food and Culture <i>Recommended Social and Behavioral Sciences</i>		3	Prerequisite: Reading Proficiency.
•	ENT 210 Vision to Business Plan - Entrepreneur's Institute		1	
Term hours subtotal:			13	

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.