



AAS in Wellness and Exercise Science to
Bachelor of Applied Arts & Sciences
Guided Pathway

Effective for the 2017-2018 Catalog



First Year – Tyler Junior College

FIRST SEMESTER (15 SCH)	SECOND SEMESTER (17 SCH)
BIOL 2401 – Anatomy & Physiology I (030)	BIOL 2402 – Anatomy & Physiology II (030)
FITT 2333 – Fitness Industry Operations and Technology	FITT 1495 – Special Topics in Kinesiology and Exercise Science
FITT 2301 – Lifestyle Change for Wellness	FITT 2331 – Group Exercise Instruction
FITT 1237 – Personal Training	FITT 2311 – Prevention and Care of Exercise Injury
FITT 1303 – Fitness Event Planning and Promotion	FITT 1343 – Performance Enhancement for Athletics
SUMMER I (10 SCH)	
FITT 2313 – Exercise Science	BIOL 1322 – Nutrition and Diet Therapy I
FITT 1401 – Fitness and Exercise Testing	

Second Year – Tyler Junior College

It's best to apply to TAMUC a full semester before you plan to transfer. It will help if you submit a copy of this pathway with your application.

FIRST SEMESTER (18 SCH)
FITT 2409 – Theory of Exercise Program Design and Instruction
ENGL 1301 – Composition I (010)
FITT 2264 – Practicum (or Field Exp.) – Health and Phys. Ed.
ARTS 1301 – Art Appreciation * (050)
SPCH 1315 – Public Speaking * (010)
PSYC 2314 – Lifespan Growth and Development * (080)

AAS: Wellness and Exercise Science

You will need to apply for the associate's degree at your community college. Contact your advisor there for more information.

Third Year – Texas A&M University-Commerce

FIRST SEMESTER	SECOND SEMESTER
ENG 1302 - GLB/US-Written Argument/Research	HIST 1302- U.S. History from 1865
ANY LITERATURE PHILOSOPHY & CULTURE CORE	PSCI 2302 - US/TX Government; Institutions & Policies ²
HIST 1301 - U.S. History to 1877	ANY DEGREE PATHWAY OPTION
PSCI 2301 - Principles of US and Texas Government ²	BAAS 326 Tech Techniques & Solutions
BAAS 301 Principles of Applied Sciences	

Fourth Year - Texas A&M University-Commerce

FIRST SEMESTER	SECOND SEMESTER
TMGT 458 Project Management	TMGT 350 Principles of Technology Management
BAAS 345 Leadership Techniques	BAAS 445 Ethical Decision Making
BAAS 408 Advanced Problem Solving (Pre-Req BAAS 326)	Upper Level Elective
BAAS 351 Financial Tools for Managers (Pre Req BAAS 326)	Upper Level Elective
BAAS 443 Professional Standards	TMGT 303 Technical Communications

This is not an official degree plan. Check with an advisor; degree plans may change in later catalogs.

Part-time students may also follow this sequence. Developmental coursework may be required.

* You may take a different course to meet this requirement. A specific list is available from your advisor.

Ⓒ This course counts for the Core Curriculum at any public college or university in Texas.

() Course numbers shown in parentheses are equivalent to these courses at TAMUC.

*For questions about the University portion of this guided pathway, contact the
Applied Science Academic Advising Office at (903) 886-5155 or Misty.Lair@tamuc.edu.*