



**AAS in Wellness and Exercise Specialist
Bachelor of Applied Arts & Sciences
Guided Pathway**

Effective for the 2016-2017 Catalog

First Year – Tyler Junior College

FIRST SEMESTER (14 SCH)	SECOND SEMESTER (14 SCH)
Ⓢ BIOL 2401 – Anatomy & Physiology I (030)	Ⓢ BIOL 2402 – Anatomy & Physiology II (030)
FITT 2333 – Fitness Industry Operations and Technology	Ⓢ ENGL 1301 – Composition I (010)
COSC 1301 – Introduction to Computing	FITT 1495 – Special Topics in Kinesiology and Exercise Science
Ⓢ PSYC 2314 – Lifespan Growth and Development (080)	Ⓢ MATH 1324 – Math for Business * (020)
KINE 2109 – Weight Training I *	

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 (17 SCH)	SECOND SEMESTER (12 SCH)
FITT 2313 – Exercise Science	FITT 1343 – Performance Enhancement for Athletics
FITT 1401 – Fitness and Exercise Training	FITT 2409 – Theory of Exercise Program Design and Instruction
BIOL 1322 – Nutrition and Diet Therapy I	Ⓢ SPCH 1315 – Public Speaking (010)
FITT 2411 – Prevention and Care of Exercise Injury	FITT 2301 – Lifestyle Change for Wellness
Ⓢ ARTS 1301 – Art Appreciation (050) *	FITT 2264 – Practicum (or Field Exp.) – Health and P.E., Gen. *

AAS: Wellness and Exercise Specialist

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.