## Exercise and Movement Science Checklisst for AAOT and AAS Academic Goals

## Credits For Students starting Winter 2015 or later. Review Catalog for Year of entry Writing 8 Optionwith 8 credits WR 121 and either WR 122 or 227 Students who took WR classes of 3 credits each must take WR 121, WR 122 and either WR 123 or 227 4 Speech (1 course) COMM/SP 100, 111, or 112 5 Math (1 course) MTH 111 or higher Health/Fitness/Wellness (1 or more course totalling 3 credits) FN 255 Science/Math/Computer Science (4 courses, from at least two disciplines including 3 or more laboratory sciences) BI 101 Select BI 101 without a letter option Choose additional courses from list in Catalog 9 Arts & Letters (3 courses from 2 or more disciplines) Choose from Catalog list of options 12 Social Sciences (4 courses chosen from 2 or more disciplines) Choose from: 1 Human Relations (AAS requirement; pg. 44-45 catalog) that also meets Social Science requirement 3 courses combo of Psychology, Sociology, recommended PSY 201& PSY 215 Lifespan **Cultural Literacy Requirement** See \* marked courses in Catalog Electives (any courses that bring total to at least 90 credits; 12 credits can be CT; 18 can be Co-op; 12 can be PE) EXMS 194P, 194L, 294, 295, 12 10 Co-op 3 PΕ 4 HE 255 Global Health. Being considered for Cultural Literacy 3 Elective that meet criteria 90 Notes: Unofficially Reviewed by: For:\_ Date: