

2024-2025 Degree Map-Bachelor of Science in Health and Exercise Science

This map is a term-by-term sample course schedule. The milestones listed to the right of each term are designed to keep you on course to graduate in four years. The Sample Schedule serves as a general guideline to help you build a full schedule each term. See course descriptions and prerequisites at <https://catalog.atu.edu/>

#Prerequisite Courses: ENGL 0303 _____ MATH 0803 _____ MATH 1003 _____ MATH 0903 _____ MATH 1110 _____

Possible Careers: Personal Training, Performance Management, Group Fitness Instruction, Health Club or Fitness Center Management

Sample Schedule

Milestones/Notes

| Semester 1 | Hrs. | Grade | Semester 1 |
|--|-----------|------------|--------------------------|
| ENGL 1013-Comp I (ACTS=ENGL 1013) | 3 | # | |
| MATH 1113- College Algebra (ACTS=MATH 1103) or higher | 3 | # | |
| BIOL 1014- Intro to Biological Science (ACTS=BIOL 1004) | 4 | # | |
| PE 1201- Orientation to Health, PE, and Wellness Science | 1 | # | No substitutions allowed |
| PE Elective | 1 | | |
| HES 1003- Introduction to Exercise Programming | 3 | # | |
| Total hours | 15 | GPA | |

Sample Schedule

Milestones/Notes

| Semester 5 | Hrs. | Grade | Semester 5 |
|--|-----------|------------|--|
| AHS 2013- Medical Terminology | 3 | | |
| PE 3573- Prevention and Care of Athletic Injuries | 3 | # | Prerequisites: PE2653, PE3663 |
| HES 2023- Endurance Programming and Conditioning | 3 | # | Prerequisites: PE2653, PE3663 |
| PE 4033- Exercise Physiology | 3 | # | Prerequisites: PE 2653, 3663, and 3661 |
| HES 2043- Applied Fitness Assessment and Development | 3 | # | Prerequisites: PE2653, PE3663 |
| Total hours | 15 | GPA | |

| Semester 2 | Hrs. | Grade | Semester 2 |
|---|-----------|------------|------------|
| ENGL 1023- Comp II (ACTS= ENGL 1023) | 3 | # | |
| PSY 2003- General Psychology (ACTS=PSYC1103) | 3 | | |
| Physical Science with Lab | 4 | | |
| COMM 2173- Business and Professional Speaking | 3 | # | |
| HLED 1513- Lifetime Health and Fitness (ACTS=HEAL 1003) | 3 | # | |
| Total hours | 16 | GPA | |

| Semester 6 | Hrs. | Grade | Semester 6 |
|---|-----------|------------|-----------------------------|
| HLED 3203- Consumer Health Programs | 3 | # | |
| HES 3003- Exercise Prescription | 3 | # | Prerequisite: HES 2043 |
| HES 3023- Exercise Behavior and Adherence | 3 | # | |
| MKT 3043- Principles of Marketing | 3 | # | |
| MGMT 3003- Principles of Management | 3 | # | |
| Total hours | 15 | GPA | APPLY FOR GRADUATION |

| Semester 3 | Hrs. | Grade | Semester 3 |
|---|-----------|------------|-------------------------------|
| US History and Government | 3 | | |
| COMS 1003- Intro Comp Based Systems (ACTS=CPSI1003) | 3 | | BUAD 2003 or other equivalent |
| PE 2513- First Aid | 3 | # | |
| PE 2653- Anatomy and Physiology | 3 | # | Prerequisite: BIOL 1014 |
| HES 2003- Field-Based Experience in Health & Exercise Science | 3 | # | |
| PE Elective | 1 | # | SEE NOTE 1: AB2M |
| Total hours | 16 | GPA | |

| Semester 7 | Hrs. | Grade | Semester 7 |
|---|-----------|------------|---|
| HES 4003- Senior Seminar | 3 | # | |
| HES 4063- Wellness and Fitness Programming | 3 | | Prereq: PE 4033 |
| HLED 4403- Sport and Exercise Science Nutrition | 3 | # | Prerequisite: PE 2653 and PE 4033 |
| HES 4023- Principles of Strength and Conditioning | 3 | # | Prereqs: PE2653, 3661,and 4033, Fall Only |
| HES 4013- Health and Exercise Science Practicum | 3 | # | Prerequisites: HES 2043 and 3003 |
| Total hours | 16 | GPA | APPLY FOR INTERNSHIP |

| Semester 4 | Hrs. | Grade | Semester 4 |
|---|-----------|------------|-----------------------------|
| Fine Arts & Humanities | 3 | | |
| Fine Arts & Humanities | 3 | | |
| ECON 2003- Principles of Macroeconomics (ACTS=ECON2103) | 3 | | |
| PE 3663- Kinesiology | 3 | # | Prerequisite: PE 2653 |
| HES 2013- Weight Training for Personal Trainers, HS Coaches, and PE | 3 | # | Prerequisite: HES 1003 |
| PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology | 1 | # | Prerequisite: PE 2653 |
| Total hours | 16 | GPA | HES Advisor Assigned |

| Semester 8 | Hrs. | Grade | Semester 8 |
|--|-----------|------------|---|
| HES 4012- Health and Exercise Science Internship | 12 | # | Graduation Requirements: Min. hours 3000-4000 level courses: 40 No more than 4 PE activity hours Min. hours required:120 2.00+ GPA |
| | | | |
| | | | |
| | | | |
| Total Hours | 12 | GPA | |

PE Electives: 2 hrs. (1000-4000 level)
 # indicates a "C" or better is required

The Arkansas Course Transfer System (ACTS) is designed to assist in planning the academic progress of students. This system contains information about the transferability of courses within Arkansas public colleges and universities. The Arkansas Course Transfer System can be accessed by searching keyword "ACTS" at <https://adhe.edu/>

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|--|--|
| Fine Arts and Humanities ART 2123 Experiencing Art (ACTS=ARTA1003) MUS 2003 Survey of Music History (ACTS=MUSC1003) TH 2273 Introduction to Theatre (ACTS=DRAM 1003) ENGL/JOUR 2173 Introduction to Film ENGL 2003 Introduction to World Literature (ACTS=ENGL2113) ENGL 2013 Intro. to American Literature (ACTS=ENGL2653) PHIL 2003 Introduction to Philosophy (ACTS=PHIL1103) PHIL 2053 Introduction to Critical Thinking (ACTS=PHIL 1003) 1013 from SPAN, FR, GER, JPN, CHIN, or LAT 1023 from SPAN, FR, GER, JPN, CHIN, or LAT LEAD 2003 Ethics in Leadership | U.S. History & Government HIST 1903 Survey of American History HIST 2003 U.S. History to 1877 (ACTS=HIST2113) HIST 2013 U.S. History since 1877 (ACTS=HIST2123) POLS 2003 American Government (ACTS=PLSC2003) |
| University Honors students should consult Course Catalog for appropriate Fine Arts/Humanities, US History/Government and Social Science options for University Honors Curriculum. | |

NOTE 1 AB2M - Consider Accelerated BS Health & Exercise Science to MS in Strength and Conditioning. See Catalog BEFORE Junior Year.