

2022-2023 Degree Map-Bachelor of Science in Health and Exercise Science: Kinesiology Option

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 <http://www.atu.edu/catalog/>

Possible Careers Include: Graduate Programs – Research, Dietetics (Registered Dietitian), Exercise and Disease Prevention, Exercise Physiology; Exercise/Health Behavior, Health Promotion and Education, Motor Neuroscience, Sport/Exercise Psychology, Sports Marketing/Management, Strength & Conditioning Coach, Work Conditioning

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

Sample Schedule

Semester 1	Hrs.	Grade	Milestones/Notes	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 Exercises Programming	3	#		
Total hours	15	GPA		
Semester 2	Hrs.	Grade	Milestones/Notes	Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3	#		
PSY 2003- General Psychology	3			
Physical Science with Lab	4			
COMM 2173- Business and Professional Speaking	3	#	No substitutions allowed	
HLED 1513- Lifetime Health and Fitness (ACTS=HEAL 1003)	3	#		
Total hours	16	GPA		
Semester 3	Hrs.	Grade	Milestones/Notes	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	
AHS 2013- Medical Terminology	3			
PE Elective	1	#		
Total hours	16	GPA		
Semester 4	Hrs.	Grade	Milestones/Notes	Semester 4
Fine Arts & Humanities	3			
Fine Arts & Humanities	3			
ECON 2003- Principles of Economics I (ACTS=ECON2103)	3			
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	Prerequisite: PE 2653	
PE 3663- Kinesiology	3	#	Prerequisite: PE 2653	
HES 2013- Weight Training for Personal Trainers, HS Coaches, and PE	3	#	Prerequisite: HES 1003	
Total hours	16	GPA	HES Advisor Assigned	

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 at <https://www.adhe.edu/students-parents/colleges-universities/transfer-info.-for-students/>

Fine Arts and Humanities ART 2123 Experiencing Art (ACTS=ARTA1003) MUS 2003 Introduction to Music (ACTS=MUSC1003) TH 2273 Introduction to Theatre (ACTS=DRAM 1003) ENGL 2173 Introduction to Film JOUR 2173 Introduction to Film ENGL 2183 Honors Introduction to Film ENGL 2003 Introduction to World Literature (ACTS=ENGL2113) ENGL 2013 Intro. to American Literature (ACTS=ENGL2653) ENGL 2023 Honors World Literature PHIL 2003 Introduction to Philosophy (ACTS=PHIL1103) PHIL 2043 Honors Introduction to Philosophy PHIL 2053 Introduction to Critical Thinking (ACTS=PHIL 1003)	U.S. History & Government HIST 1903 Survey of American History HIST 2003 United States History to 1877 (ACTS=HIST2113) HIST 2013 United States History since 1877 (ACTS=HIST2123) HIST 2043 Honors United States History to 1877 POLS 2003 American Government (ACTS=PLSC2003)
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Sample Schedule

Semester 5	Hrs.	Grade	Milestones/Notes	Semester 5
HES 2023- Edurance Programming and Conditioning	3	#	Prerequisites: HES 1003	
PE 3573- Prevention and Care of Athletic Injuries	3	#	Prerequisites: PE2653, PE3663	
PE 4033- Exercise Physiology	3	#	Prerequisites: PE2653, PE3663, PE 3661	
MGMT 3003- Principles of Management	3			
HES 2043- Applied Fitness Assessment and Development	3	#	Prereq: PE2653, PE3663	
Total hours	15	GPA		
Semester 6	Hrs.	Grade	Milestones/Notes	Semester 6
HLED 3203- Consumer Health Programs	3	#	APPLY FOR GRADUATION	
HES 3003- Exercise Prescription	3	#	Prerequisite: HES 2043	
HES 3013- Coaching Power, Speed, and Agility	3	#	Prerequisites: HES 1003	
HES 4043- Exercise Physiology Lab	3	#	Prerequisites: HES 4033	
PE 4103- Principles of Adapted Physical Activity	3	#		
Total hours	15	GPA		
Semester 7	Hrs.	Grade	Milestones/Notes	Semester 7
HES 4013- Health and Exercise Science Practicum	3	#	Prerequisites: HES 2043 and 3003	
HES 4023- Principles of Strength and Conditioning	3	#	Prereqs: PE2653, 3661,and 4033, Fall Only	
HES 4053- Biomechanics	3	#	Prerequisites: HES 4033	
HLED 4403- Sport and Exercise Science Nutrition	3	#	Prerequisite: PE 2653 and PE 4033	
MKT 3043- Principles of Marketing	3			
Total hours	15	GPA	APPLY FOR INTERNSHIP	
Semester 8	Hrs.	Grade	Milestones/Notes	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