

2020-2021 Degree Map-Bachelor of Science in Health and Physical Education- Wellness and Fitness

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: Aerobic Instructor, Athletes' Business Manager, Athletic Trainer, Exercise Physiologist, Professional Sports Scout

#Prerequisite Courses: ENGL 0303 _____ MATH 0803 _____ MATH 1003 _____ MATH 0903 _____ MATH 0900 _____ 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	#		
HLED 1513- Personal Health and Wellness (ACTS=HEAL 1003)	3	#		
PE 1201- Orientation to Health, PE, and Wellness Science	1	#	No substitutions allowed.	
General Elective	1			
Total hours	15	GPA		
Semester 2	Hrs.	Grade	Milestones/Notes	Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3	#		
Social Science	3			
Physical Science with Lab	4			
COMM 2173- Business and Professional Speaking	3	#	No substitutions allowed.	
WS 1002- Physical Wellness and Fitness	2	#		
Total hours	15	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: BIOL1014	
*WS 2003- Field-Based Experience in Wellness	3	#	Level 2 Course	
*WS 2031- Directing Food, Exercise, and Body Comp Programs	1	#	Level 2 Course	
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 2861- Rhythmic Aerobic Activities	1	#		
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	Prerequisite: PE2653	
PE 3663- Kinesiology	3	#	Prerequisite: PE2653	
Total hours	14	GPA	HPE/WF 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 <http://acts.adhe.edu/>

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)

***Level 2 Courses require completion of:
 PE 1201, WS 1002, ENGL 1013, ENGL 1023
 MATH 1113, BIOL 1014, and COMM 2173
 with a C or better**

Sample Schedule

Semester 5	Hrs.	Grade	Milestones/Notes	Semester 5
AHS 2013- Medical Terminology	3			
MGMT 3003- Management and Organizational Behavior	3			
PE 3573- Prevention and Care of Athletic Injuries	3	#	Prerequisites: PE2653, PE3663	
PE 4033- Basic Exercise Physiology	3	#	Prereqs: PE2653, PE3663	
*WS 2043- Applied Fitness Assessment and Development	3	#	Prereq: Level 2, PE2653, PE3663	
*WS 2091- Directing Fitness Walking/Jogging Programs	1	#	Level 2 Course	
Total hours	16	GPA		
Semester 6	Hrs.	Grade	Milestones/Notes	Semester 6
HLED 3203- Consumer Health Programs	3	#	APPLY FOR GRADUATION	
PE 4103- Principles and Methods of Adapted PE	3	#		
*WS 2081- Directing Muscle Fitness Programs	1	#	Level 2 Course	
*WS 3003- Exercise Prescription	3	#	Prereqs: Level 2, WS 2043	
*WS 3023- Exercise Behavior and Adherence	3	#	Level 2 Course	
*WS 4003- Advanced Professional Seminar	3	#	Prereqs: Level 2 and completion of all 1000/2000 level WS required classes	
Total hours	16	GPA		
Semester 7	Hrs.	Grade	Milestones/Notes	Semester 7
HLED 4403- Nutrition and Physical Fitness	3	#	Prerequisite: PE2653	
MKT 3043- Principles of Marketing	3			
WS 4013- Wellness Science Practicum	3	#	Prereqs: WS2031, WS2043, WS3003	
WS 4023- Principles of Strength and Conditioning	3	#	Prereqs: PE2653, PE3661, Fall Only	
*WS 4063- Wellness and Fitness Programming	3	#	Level 2 Course	
General Elective	1			
Total hours	16	GPA	APPLY FOR INTERNSHIP	
Semester 8	Hrs.	Grade	Milestones/Notes	Semester 8
WS 4012- Wellness and Fitness Program Management Internship	12	#	Prereqs: Admission to Internship, 2.00 GPA. Level 3 requires completion of all WS, PE, and HLED content area courses with grade of C or better and cumulative GPA of 2.00 or better	
Total Hours	12	GPA	Graduation Requirements: Min. 120 earned hours	

General Electives: 2 hrs. (1000-4000 level)

indicates a "C" or better is required

Social Sciences

HIST1503 World History to 1500 (ACTS=HIST1113)
 HIST1513 World History since 1500 (ACTS=HIST1123)
 HIST 1543 Honors World History since 1500
 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
 HIST 1903 Survey of American History
 POLS 2003 American Government (ACTS=PLSC2003)
 ECON 2003 Principles of Economics I (ACTS=ECON2103)
 ECON 2103 Honors Principles of Economics I
 ECON 2013 Principles of Economics II (ACTS=ECON2203)
 SOC 1003 Introductory Sociology (ACTS=SOC11013)
 PSY 2003 General Psychology (ACTS=PSYC1103)
 ANTH 1213 Intro. to Anthropology (ACTS=ANTH1013)
 ANTH 2003 Cultural Anthropology (ACTS=ANTH2013)
 GEOG 2013 Regional Geography of the World (ACTS=GEOG2103)
 AMST 2003 American Studies