

2014-2015 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/academics/catalog/>.

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

#Remedial Courses (if applicable): ENGL 0303 _____ ENGL 0404 _____ READ 0103 _____ MATH 0903 _____

Sample Schedule	Milestones/Notes	
Semester 1	Hrs.	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 #	Milestone
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.	Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3 #	
Social Science	3	
Physical Science with Lab	4	
SPH 2173- Business and Professional Speaking	3 #	No substitutions allowed.
WS 1002- Physical Wellness and Fitness	2 #	
Total hours	15	GPA
Semester 3	Hrs.	Semester 3
US History and Government	3	HIST1903 Preferred
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/ Offered Fall Only
*WS 2031- Directing Food, Exercise, and Body Comp Programs	1 #	Level 2 Course
Total hours	16	GPA
Semester 4	Hrs.	Semester 4
Fine Arts & Humanities	3	ART 2123 Preferred
Fine Arts & Humanities	3	ENGL2003 Preferred
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	U.S. History & Government
ART 2123 Experiencing Art (ACTS=ARTA1003)	HIST 1903 Survey of American History
MUS 2003 Introduction to Music (ACTS=MUSC1003)	HIST 2003 U.S. History I (ACTS=HIST2113)
TH 2273 Introduction to Theatre (ACTS=DRAM 1003)	HIST 2043 Honors U.S. History I
ENGL 2173 Introduction to Film	HIST 2013 U.S. History II (ACTS=HIST2123)
JOJR 2173 Introduction to Film	POLS 2003 American Government (ACTS=PLSC2003)
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	

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

Sample Schedule	Milestones/Notes	
Semester 5	Hrs.	Semester 5
AHS 2013- Medical Terminology	3	
MGMT 3003- Management and Organizational Behavior	3	54 Ehrs, GPA 2.0+, ECON2003
PE 3573- Prevention and Care of Athletic Injuries	3 #	Prerequisites: PE2653, PE3663
PE 4033- Basic Exercise Physiology	3 #	Prereqs: PE2653, PE3663, PE3661
*WS 2043- Applied Fitness Assessment and Development	3 #	Prereq: Level 2, PE2653, PE3663, Fall Only
*WS 2091- Directing Fitness Walking/Jogging Programs	1 #	Level 2 Course
Total hours	16	GPA
Semester 6	Hrs.	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, WS2043, Spring Only
*WS 3023- Exercise Behavior and Adherence	3 #	Prerequisites: Level 2/ Spring Only
*WS 4003- Advanced Professional Seminar	3 #	Prereqs: Level 2 and completion of all
Total hours	15	GPA
Semester 7	Hrs.	Semester 7
HLED 4403- Nutrition and Physical Fitness	3 #	Prerequisite: PE2653
MKT 3043- Principles of Marketing	3	Preq: 54 Ehrs, GPA 2.0+, ECON2003
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/ Fall Only
General Elective	1	
Total hours	16	GPA APPLY FOR INTERNSHIP
Semester 8	Hrs.	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
HIST 1503 World Civilization (ACTS=HIST1113)	ECON 2013 Principles of Economics II (ACTS=ECON2203)
HIST 1513 World Civilization II (ACTS=HIST1123)	SOC 1003 Introductory Sociology (ACTS=SOCI1013)
HIST 1543 Honors World Civilization I	PSY 2003 General Psychology (ACTS=PSYC1103)
HIST 2003 U.S. History I (ACTS=HIST2113)	ANTH 1213 Intro. to Anthropology (ACTS=ANTH1013)
HIST 2013 U.S. HISTORY II (ACTS=HIST2123)	ANTH 2003 Cultural Anthropology (ACTS=ANTH2013)
HIST 2043 Honors U.S. History I	GEOG 2013 Regional Geography of the World (ACTS=GEOG2103)
HIST 1903 Survey of American History	AMST 2003 American Studies
POLS 2003 American Government (ACTS=PLSC2003)	
ECON 2003 Principles of Economics I (ACTS=ECON2103)	
ECON 2103 Honors Principles of Economics I	