

2015-2016 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 United States History to 1877 (ACTS=HIST2113) |
| TH 2273 Introduction to Theatre (ACTS=DRAM 1003) | HIST 2013 United States History from 1877 (ACTS=HIST2123) |
| ENGL 2173 Introduction to Film | HIST 2043 Honors United States History to 1877 |
| JOUR 2173 Introduction to Film | POLS 2003 American Government (ACTS=PLSC2003) |
| HIST 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 | 16 | 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 |
|---|---|
| HIST1503 World History to 1500 (ACTS=HIST1113) | ECON 2013 Principles of Economics II (ACTS=ECON2203) |
| HIST1513 World History since 1500 (ACTS=HIST1123) | SOC 1003 Introductory Sociology (ACTS=SOCI1013) |
| HIST 1543 Honors World History since 1500 | PSY 2003 General Psychology (ACTS=PSYC1103) |
| HIST 2003 United States History to 1877 (ACTS=HIST2113) | ANTH 1213 Intro. to Anthropology (ACTS=ANTH1013) |
| HIST 2013 United States History from 1877 (ACTS=HIST2123) | ANTH 2003 Cultural Anthropology (ACTS=ANTH2013) |
| HIST 2043 Honors United States History to 1877 | 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 | |