

2021-2022 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 1110 _____

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

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 since 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)
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)	

***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

Milestones/Notes

Semester 5	Hrs.	Grade	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	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	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	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