

**2025-2026 Degree Map-Bachelor of Science in Health and Exercise Science, Coaching Athletics and Physical Activity (Teaching)**

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 <https://catalog.atu.edu/>

#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	#	Required for Admission to Stage II	
MATH 1113- College Algebra (ACTS=MATH 1103) or higher	3	#	Required for Admission to Stage II	
HLED 1513- Lifetime Health and Fitness (ACTS=HEAL 1003)	3	#		
HES 1003- Introduction to Exercise Programming	3	#		
US History and Government	3			
PE 1201- Orientation to Kinesiology	1	#	No substitution allowed	
Total hours	16	GPA		

Semester 2	Hrs.	Grade	Milestones/Notes	Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3	#	Required for Admission to Stage II	
Social Sciences	3			
BIOL 1014- Intro to Biological Science (ACTS=BIOL 1004)	4	#		
PE 2513- First Aid	3	#		
Fine Arts & Humanities	3			
Total hours	16	GPA	Attend Career fairs on campus	

Semester 3	Hrs.	Grade	Milestones/Notes	Semester 3
Social Sciences	3			
COMM 2003- Public Speaking (no substitutions allowed)	3	#	Required for Admission to Stage II	
HES 2013- Weight Training for PT, HS Athletics, and Strength Coaching	3	#	Offered Fall Only	
BIOL 2014- Human Anatomy	4	#	Discuss taking BIOL 2004 with advisor	
Fine Arts & Humanities	3			
Total hours	16	GPA	Meet with Career Services to work on resume	

Semester 4	Hrs.	Grade	Milestones/Notes	Semester 4
HES 2023- Endurance Programming and Conditioning	3	#		
PE 3543- Lifespan Motor Development	3	#	Prerequisite: Admission to Stage II	
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	Prerequisite: BIOL 2014	
PE 3663- Kinesiology	3	#	Prerequisite: BIOL 2014	
EDMD 2013- Integrating Instructional Technology	3	#		
SEED 2003- Education as a Profession	3	#		
Total hours	16	GPA	HECA and SEED 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 by searching keyword "ACTS" at <https://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 to 1877 (ACTS=HIST2113)
TH 2273 Introduction to Theatre (ACTS=DRAM 1003)	HIST 2013 U.S. History since 1877 (ACTS=HIST2123)
ENGL/JOUR 2173 Introduction to Film	POLS 2003 American Government (ACTS=PLSC2003)
ENGL 2003 Introduction to World Literature (ACTS=ENGL2113)	<b>Science with Lab</b>
ENGL 2013 Intro. to American Literature (ACTS=ENGL2653)	BIOL 1014- Intro. to Biological Science (ACTS= BIOL1004)
PHIL 2003 Introduction to Philosophy (ACTS=PHIL1103)	BIOL/PHSC 1004- Principles of Environmental Science
PHIL 2053 Introduction to Critical Thinking (ACTS=PHIL 1003)	GEOL 1014- Physical Geology (ACTS= GEOL 1114)
1013 from SPAN, FR, GER, or JPN	<b>University Honors students should consult Course Catalog for appropriate Fine Arts/Humanities, US History/Government and Social Science options for University Honors Curriculum.</b>
1023 from SPAN, FR, GER, JPN, or CHIN	
LEAD 2003 Ethics in Leadership	

Possible Careers: Recreation and Fitness Studies Teacher, P-12 Teacher, Athletic Coach, Athletic Director, Fitness Trainer

**Sample Schedule**

Semester 5	Hrs.	Grade	Milestones/Notes	Semester 5
HES 2043- Applied Fitness Assessment and Development	3	#		
PE 3573- Prevention and Care of Athletic Injuries	3	#	Prerequisites: BIOL 2014, 3663	
PE 4033- Exercise Physiology	3	#	Prerequisites: BIOL 2014, 3663, and 3661	
PE 3413- Coaching Theory	3	#		
SEED 2113- Human Development and Learning Theories	3			
Total hours	15	GPA		

Semester 6	Hrs.	Grade	Milestones/Notes	Semester 6
HES 3003- Exercise Prescription	3	#		
HES 3013- Coaching Power, Speed, and Agility	3	#		
HES 4023- Principles of Strength and Conditioning	3	#		
PE 3583- Coaching Physical Activity K-12	3	#		
PE 4513- Organization/Administration of Health and PE	3	#		
Total hours	15	GPA	APPLY FOR GRADUATION	

Semester 7	Hrs.	Grade	Milestones/Notes	Semester 7
HLED 4403- Sport and Exercise Nutrition	3	#		
PE 4103- Principles of Adapted Physical Activity	3	#		
HLED 4303- Methods/Materials in Health for Grades K-12	3	#		
SEED 4553- Classroom Application of Ed Psychology	3	#		
SPED 4052- Educating Diverse and Exceptional Learners	2	#		
Total hours	14	GPA	APPLY FOR INTERNSHIP	
Students must receive passing Praxis II scores to be admitted to Internship				

Semester 8	Hrs.	Grade	Milestones/Notes	Semester 8
SEED 4503- Seminar in Secondary Education (Teaching Option)	3	#	<b>Graduation Requirements:</b> Min. hours 3000-4000 level courses: 40 Min. 120 earned hours 2.70+ GPA	
SEED 4809- Residency B (Teaching Option)	9	#		
Total Hours	12	GPA		

General Electives: 0

# indicates a "C" or better is required

Teaching Option earns the Advanced Certificate in Secondary Education

Basic Certificate of Proficiency in Coaching Travel Team and Recreation Sports and Certificate of Proficiency in Strength and Conditioning can be added with no additional courses. Consider adding Minor in Sport Coaching, see catalog for additional courses

Social Sciences	
HIST 1503 World History to 1500 (ACTS=HIST1113)	ANTH 1213 Intro. to Anthropology (ACTS=ANTH1013)
HIST 1513 World History since 1500 (ACTS=HIST1123)	ANTH 2003 Cultural Anthropology (ACTS=ANTH2013)
HIST 2003 U.S. History to 1877 (ACTS=HIST2113)	GEOG 2013 Regional Geography of the World (ACTS=GEOG2103)
HIST 2013 U.S. History since 1877 (ACTS=HIST2123)	AMST 2003 American Studies
HIST 2003 Survey of American History	FIN 2013 Personal Finance
POLS 2003 American Government (ACTS=PLSC2003)	LEAD 1003 Introduction to Leadership
ECON 2003 Principles of Macroeconomics (ACTS=ECON2103)	
ECON 2013 Principles of Microeconomics (ACTS=ECON2203)	
SOC 1003 Introductory Sociology (ACTS=SOCI1013)	
PSY 2003 General Psychology (ACTS=PSYC1103)	