

2025-2026 Degree Map-Bachelor of Science in Health and Exercise Science

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
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	#	
PE 1201- Orientation to Kinesiology	1	#	No substitutions allowed
PE Elective	1	#	
HES 1003- Introduction to Exercise Programming	3	#	
Total hours	15	GPA	

Semester 2	Hrs.	Grade	Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3	#	
PSY 2003- General Psychology (ACTS=PSYC1103)	3		
Physical Science with Lab	4		
COMM 2173- Business and Professional Speaking	3	#	
HLED 1513- Lifetime Health and Fitness (ACTS=HEAL 1003)	3	#	Freshman Milestone: Visit the Tutoring Center at least once
Total hours	16	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	#	Discuss taking BIOL 2004 with advisor
HES 2003- Field-Based Experience in Health & Exercise Science	3	#	
PE Elective	1	#	
Total hours	16	GPA	

Semester 4	Hrs.	Grade	Semester 4
Fine Arts & Humanities	3		
Fine Arts & Humanities	3		Sophomore Milestone: Meet with faculty about career paths in your field
ECON 2003- Principles of Macroeconomics (ACTS=ECON2103)	3		
PE 3663- Kinesiology	3	#	Prerequisite: PE 2653
HES 2013- Weight Training for Personal Trainers, HS Coaches, and PE	3	#	Prerequisite: HES 1003
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	Prerequisite: PE 2653
Total hours	16	GPA	HES 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 ART 2123 Experiencing Art (ACTS=ARTA1003) MUS 2003 Survey of Music History (ACTS=MUSC1003) TH 2273 Introduction to Theatre (ACTS=DRAM 1003) ENGL/JOUR 2173 Introduction to Film ENGL 2003 Introduction to World Literature (ACTS=ENGL2113) ENGL 2013 Intro. to American Literature (ACTS=ENGL2653) PHIL 2003 Introduction to Philosophy (ACTS=PHIL1103) PHIL 2053 Introduction to Critical Thinking (ACTS=PHIL 1003) 1013 from SPAN, FR, GER, JPN, CHIN, or LAT 1023 from SPAN, FR, GER, JPN, CHIN, or LAT LEAD 2003 Ethics in Leadership	U.S. History & Government HIST 1903 Survey of American History HIST 2003 U.S. History to 1877 (ACTS=HIST2113) HIST 2013 U.S. History since 1877 (ACTS=HIST2123) POLS 2003 American Government (ACTS=PLSC2003) University Honors students should consult Course Catalog for appropriate Fine Arts/Humanities, US History/Government and Social Science options for University Honors Curriculum.
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Possible Careers: Personal Training, Performance Managment, Group Fitness Instruction, Health Club or Fitness Center Management

Sample Schedule
Milestones/Notes

Semester 5	Hrs.	Grade	Semester 5
AHS 2013- Medical Terminology	3		
PE 3573- Prevention and Care of Athletic Injuries	3	#	Prerequisites: PE2653, PE3663
HES 2023- Edurance Programming and Conditioning	3	#	Prerequisites: PE2653, PE3663
PE 4033- Exercise Physiology	3	#	Prerequisites: PE 2653, 3663, and 3661
HES 2043- Applied Fitness Assessment and Development	3	#	Prerequisites: PE2653, PE3663
Total hours	15	GPA	

Semester 6	Hrs.	Grade	Semester 6
HLED 3203- Consumer Health Programs	3	#	
HES 3003- Exercise Prescription	3	#	Prerequisite: HES 2043
HES 3023- Exercise Behavior and Adherence	3	#	
MKT 3043- Principles of Marketing	3	#	Junior Milestone: Attend a career fair or networking event
MGMT 3003- Principles of Management	3	#	
Total hours	15	GPA	APPLY FOR GRADUATION

Semester 7	Hrs.	Grade	Semester 7
HES 4063- Health and Fitness Programming	3		Prereq: PE 4033
HLED 4403- Sport and Exercise Nutrition	3	#	Prerequisite: PE 2653 and PE 4033
HES 4023- Principles of Strength and Conditioning	3	#	Prereqs: PE2653, 3661,and 4033, Fall Only
HES 4013- Health and Exercise Science Practicum	3	#	Prerequisites: HES 2043 and 3003
HES 4003- Senior Seminar	3	#	Senior Milestone: Complete a senior check-in with Career Services
Total hours	15	GPA	APPLY FOR INTERNSHIP

Semester 8	Hrs.	Grade	Semester 8
HES 4012- Health and Exercise Science Internship	12	#	Graduation Requirements:
			Min. hours 3000-4000 level courses: 40
			No more than 4 PE activity hours
			Min. hours required:120
			2.00+ GPA
Total Hours	12	GPA	

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

indicates a "C" or better is required