

2025-2026 Degree Map-Bachelor of Science in Health and Exercise Science, Coaching Athletics and Physical Activity (Non-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	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	#	
HLED 1513- Lifetime Health and Fitness (ACTS=HEAL 1003)	3	#	
HES 1003- Introduction to Exercise Programming	3	#	
US History and Government	3		
Minor Elective	1		Meet with Career Services about opportunities
Total hours	16	GPA	

Semester 2	Hrs.		Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3	#	
Social Science	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.		Semester 3
Social Science	3		
COMM 2003- Public Speaking (no substitutions allowed)	3		
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	

Semester 4	Hrs.		Semester 4
HES 2023- Endurance Programming and Conditioning	3	#	
PE 3543- Lifespan Motor Development	3	#	
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	Prerequisite: BIOL 2014 or BIOL 2004
PE 3663- Kinesiology	3	#	Prerequisite: BIOL 2014 or BIOL 2004
Minor Elective	3		Work on resume with Career Services
Minor Elective	3		
Total hours	16	GPA	HECA 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 Survey of Music History (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)	
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, or JPN	
1023 from SPAN, FR, GER, JPN, or CHIN	
LEAD 2003 Ethics in Leadership	

University Honors students should consult Course Catalog for appropriate Fine Arts/Humanities, US History/Government and Social Science options for University Honors Curriculum.

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

Sample Schedule	Milestones/Notes		
Semester 5	Hrs.	Grade	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	#	
Minor Elective	3		Begin looking at graduate programs
Total hours	15	GPA	

Semester 6	Hrs.		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	#	Determine application dates for graduate programs
PE 4513- Organization/Administration of Health and PE	3	#	
Total hours	15	GPA	APPLY FOR GRADUATION

Semester 7	Hrs.		Semester 7
HLED 4403- Sport and Exercise Nutrition	3	#	
PE 4103- Principles of Adapted Physical Activity	3	#	
Minor Elective	3		
Minor Elective	3		
Minor Elective	2		Complete Senior Check-in with NCS
Total hours	14	GPA	

Semester 8	Hrs.		Semester 8
HES 4012- Health & Exercise Science Internship	12	#	
Total Hours	12	GPA	

General Electives: 0

indicates a "C" or better is required

Recommended minors: Business Administration, Business and Entrepreneurship, Business Data

Analytics, and Leadership

Social Sciences
HIST 1503 World History to 1500 (ACTS=HIST1113)
HIST 1513 World History since 1500 (ACTS=HIST1123)
HIST 2003 U.S. History to 1877 (ACTS=HIST2113)
HIST 2013 U.S. History since 1877 (ACTS=HIST2123)
HIST 1903 Survey of American History
POLS 2003 American Government (ACTS=PLSC2003)
ECON 2003 Principles of Macroeconomics (ACTS=ECON2103)
ECON 2013 Principles of Microeconomics (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
FIN 2013 Personal Finance
LEAD 1003 Introduction to Leadership

Graduation Requirements:
Min. 120 earned hours
2.70+ GPA