

**2025-2026 Degree Map-Bachelor of Science in Health and Exercise Science, Pre-Allied Health Studies Option**

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	#	
MATH 1113- College Algebra (ACTS=MATH 1103) or higher	3	#	
**BIOL 1014- Intro to Biological Science (ACTS=BIOL 1004)	4	#	Check program requirements for BIOL options
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	Milestones/Notes Semester 2
ENGL 1023- Comp II (ACTS= ENGL 1023)	3	#	
PSY 2003- General Psychology	3		
CHEM 2124/2120- General Chemistry I and Lab	4		Co-Requisite CHEM 2120
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	Milestones/Notes Semester 3
US History and Government	3		
AHS 2013- Medical Terminology	3		
BIOL 2404- Human Anatomy and Physiology I	4		Prerequisite: C or better in CHEM course
CHEM 2134/2130- General Chemistry II	4		Requires C or better in CHEM 2124
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	
Total hours	15	GPA	

Semester 4	Hrs.	Grade	Milestones/Notes Semester 4
Fine Arts & Humanities	3		
ECON 2003- Principles of Macroeconomics (ACTS=ECON2103)	3		Sophomore Milestone: Begin researching graduate programs
PE 2513- First Aid	3	#	
BIOL 2414- Human Anatomy and Physiology II	4		Prerequisite: C or better in BIOL 2404
PE 3663- Kinesiology	3	#	
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/>

<b>Fine Arts and Humanities</b> 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	<b>U.S. History &amp; Government</b> 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)  <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>
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Possible Careers: Preparation for Graduate Studies in Physical Therapy, Athletic training, Occupational Therapy, Chiropractic, Biomechanics, Sports Science, etc

**Sample Schedule**

Semester 5	Hrs.	Grade	Milestones/Notes Semester 5
PHYS 2014/2000- Algebra-Based Physics I and Lab	4	#	Fall only
MGMT 3003- Principles of Management	3		
PE 3573- Prevention and Care of Athletic Injuries	3	#	
PE 4033- Exercise Physiology	3	#	
HES 2043- Applied Fitness Assessment and Development	3	#	
			Junior Milestone: Complete entrance exams for graduate program
Total hours	16	GPA	

Semester 6	Hrs.	Grade	Milestones/Notes Semester 6
PHYS 2024/2010- Algebra-Based Physics II and Lab	4	#	Spring only
HLED 3203- Consumer Health Programs	3	#	
Fine Arts & Humanities	3		
HES 4043- Exercise Physiology Lab	3	#	Prerequisite: PE 4033
HES 3003- Exercise Prescription	3	#	Prerequisite: HES 2043
Total hours	16	GPA	<b>APPLY FOR GRADUATION</b>

Semester 7	Hrs.	Grade	Milestones/Notes Semester 7
HLED 4403- Sport and Exercise Nutrition	3	#	Prerequisite: PE 2653 and PE 4033
HES 4053- Biomechanics	3	#	Prerequisites: PE 4033
PSY 2053- Statistics for the Behavioral Sciences	3		Prerequisite: C in MATH and PSY 2003
HES 4013- Health and Exercise Science Practicum	3	#	Prerequisites: HES 2043 and 3003
PE 4991- Special Problems in Health and Physical Education	1	#	Senior Milestone: Complete a senior check-in with Career Services
MKT 3043- Principles of Marketing	3		
Total hours	16	GPA	<b>APPLY FOR INTERNSHIP</b>

Semester 8	Hrs.	Grade	Milestones/Notes Semester 8
HES 4012- Health and Exercise Science Internship	12	#	<b>Graduation Requirements:</b> 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: 1 hr. (1000-4000 level)

# indicates a "C" or better is required

**\*\* Students should begin researching schools to determine appropriate courses required for admission into programs.**

**Recommended to take BIOL 1114- Principles of Biology**

**Students need to maintain a minimum 3.0-3.5 overall GPA to be competitive for entry into graduate programs**