

**2025-2026 Degree Map-Bachelor of Science in Health and Exercise Science, Public Health 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**
**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
Elective	3		
HLED 1513- Lifetime Health and Fitness	3	#	
Total hours	17	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		
AHS 2013- Medical Terminology	3		
Fine Arts & Humanities	3		Freshman Milestone: Visit the Tutoring Center at least once
Total hours	16	GPA	

Semester 3	Hrs.	Grade	Semester 3
POLS 2003- American Government	3		
COMM 2173- Business and Professional Speaking	3		
RS 2003- Introduction to Rehabilitation Science	3		
PE 2653- Anatomy and Physiology	3	#	Discuss taking BIOL 2004 with advisor
SOC 1003- Introductory Sociology	3		
Total hours	15	GPA	

Semester 4	Hrs.	Grade	Semester 4
Fine Arts & Humanities	3		
SEED 2113- Human Development and Learning Theories	3	#	
SPED 2023- Dev. and Characteristics of Diverse Learners	3	#	Sophomore Milestone: Meet with faculty about career paths in your field
SOC 2033- Social Problems	3		
PE 3661- Lab Experiences in Anatomy/Physiology and Kinesiology	1	#	Prerequisite: PE 2653
Elective	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: Health Maintenance Organizations, hospitals, public and private clinics, voluntary health agencies, health departments, secondary schools, not-for-profits, and business and industry.

**Sample Schedule**
**Milestones/Notes**

Semester 5	Hrs.	Grade	Semester 5
HIM 3023 - Intro. to Health Information Management	3		
HLED 3203- Consumer Health Programs	3	#	
HLED 4403- Sport and Exercise Nutrition	3	#	Prerequisite: PE 2653 and PE 4033
PE 3543- Lifespan Motor Development	3	#	
SOC 3013- Psychosocial Aspects of Death and Dying	3		
			Junior Milestone: Attend a career fair or networking event
Total hours	15	GPA	

Semester 6	Hrs.	Grade	Semester 6
HIM 3132- Health Data and Statistics	2		Prerequisite: HIM 3023
HLED 4303- Methods and Materials in Health for Grades K-12	3	#	
PSY 3063- Developmental Psychology: Childhood	3		Prerequisite: PSY 2003
RS 4233- Diversity and Inclusion in Human Service Settings	3		Prerequisite: RS 2003
Elective	3		
Total hours	14	GPA	APPLY FOR GRADUATION

Semester 7	Hrs.	Grade	Semester 7
HIM 4063- Organization and Administration	3		Prerequisite: HIM 3023
HIM 4153- Principles of Disease	3		Prerequisite: AHS 2013, BIOL 2004
SOC 4013- Drugs in Society	3		Prerequisite: SOC 1003
SOC 4183- Social Gerontology	3		Prerequisite: SOC 1003
Elective	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	#	<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: 12 hrs. (1000-4000 level)

# indicates a "C" or better is required