Academic Map: Exercise Science

Department: Exercise and Sport Science **Degree:** BS[1]

Program/Major: Exercise Science

Track/Emphasis:

Does this program require a minor? (Yes/No) No

Important program information in the online *Undergraduate Bulletin*:

UCA Core Requirements:	http://uca.edu/ubulletin/general-policies-information/uca-core/
LD UCA Core Check Sheet:	http://uca.edu/academicbulletins/ld-uca-core/
UD UCA Core Course List:	http://uca.edu/academicbulletins/ud-uca-core/
Degree Requirements:	http://uca.edu/ubulletin/general-policies-information/degree-requirements/
Program Description:	http://uca.edu/ubulletin/colleges-departments-programs/college-of-health-and-behavioral-sciences/department-of-exercise-and-sport-science/
Course Descriptions:	http://uca.edu/ubulletin/courses/

This degree program requires a total of 120 semester credit hours, including at least 40 upper-division credit hours.

Comparable courses in the Arkansas Course Transfer System (ACTS) are cross-referenced in the ACTS column of each semester block below; a core link (http://uca.edu/academicbulletins/ld-uca-core/) takes the user to the *Undergraduate Bulletin*'s UCA Lower-Division Core check sheet, where UCA Core options and ACTS course numbers are listed in full; an acts link takes the user to the *Undergraduate Bulletin*'s ACTS page (http://uca.edu/academicbulletins/acts/) for additional information and a UCA-ACTS crosswalk.

Year 1

Fall – Semester 1 (Credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
WRTG	1310	Introduction to College Writing	3	ENGL1013
EXSS	1320	Foundations of Wellness (FYS, if possible)[2]	3	
BIOL	1400 1401 1402 1440	Exploring Concepts in Biology or Exploring Ecology and the Environment or Exploring Human Biology or Principles of Biology (LD UCA Core: Life Science)[3]	4	BIOL1004 BIOL1004 BIOL1004 BIOL1014
PSYC	1300	General Psychology (LD UCA Core: Inquiry/Analysis [SS])	3	PSYC 1103
MATH	1390	College Algebra or Approved higher-level mathematics course	3	MATH1103 core link

Spring – Semester 2 (Credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
WRTG ENGL	1320 1320	Academic Writing and Research or Interdisciplinary Writing and Research or Other approved alternative (LD UCA Core: Writing/Research)	3	ENGL1023 ENGL1023 core link
COMM	1300	Principles of Communication [formerly SPCH 1300][4] or Approved alternative (LD UCA Core: Oral Communication)	3	SPCH1003 core link
CHEM	1402 1450	General Chemistry for Health Sciences or College Chemistry I[5]	4	CHEM1214 CHEM1414
EXSS	1310	Introduction to Exercise Science	3	

SUBJ	NUM	TITLE	SCH	ACTS
		LD UCA Core: Diversity/Creative Works or LD UCA Core: Inquiry/Analysis, FA/HUM[6]	3	core link

Year 2

Fall – Semester 3 (Credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	2340	Motor Development and Learning	3	
EXSS	2381	Anatomical Kinesiology	3	
		BS Science/Math[7]	4	acts link
		LD UCA Core: Inquiry/Analysis, American History/Government	3	core link
		LD UCA Core: Diversity/Creative Works or LD UCA Core: Inquiry/Analysis, FA/HUM	3	core link

Spring – Semester 4 (Credit hours: 15)

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3303	Exercise Physiology	3	
EXSS	2320	Fitness Assessments in Exercise Science	3	
H ED	2201	First Aid	2	
		BS Science/Math[7]	4	acts link
		LD UCA Core (Diversity/World Cultures [SS only])[8]	3	core link

Year 3

Fall – Semester 5 (Credit hours: 15)

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3331	Care and Prevention of Exercise and Sports Injuries	3	
EXSS	3348	Exercise Prescription for General Populations	3	
NUTR	1300	Foundations of Nutrition	3	
		Psychology Requirement[9]	3	
		Major elective[10]	3	

Spring – Semester 6 (Credit hours: 15)

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	4395	Sport in American Society (UD UCA Core: D)	3	
EXSS	3350	Obesity Prevention and Management	3	
		Nutrition Requirement[11]	3	
EXSS	4323	Group Exercise Leadership	3	
		Major Elective[10]	3	

Year 4

Fall – Semester 7 (Credit hours: 15)

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3382	Biomechanics (UD UCA Core: I)	3	
EXSS	3352	Exercise Prescription for Special Populations	3	

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	4351	Sport and Fitness Administration (UD UCA Core: C)	3	
		Statistics Requirement[12]	3	
EXSS	4376	Advanced Strength and Conditioning	3	

Spring – Semester 8 (Credit hours: 12)

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	4320	Measurement and Evaluation in Human Performance (UD UCA Core: Z)	3	
EXSS	3353	Exercise Prescription for Senior Populations	3	
EXSS	4V99	Internship in Exercise Science[13]	3	
		Major Elective[10]	3	

SIGNED – DEPARTMENT CHAIR _____ DATE _____

SIGNED – COLLEGE DEAN _____ DATE _____

To be completed by the advisor when an Eight-Semester Plan is accepted by the student:

If applicable, has student selected a minor? Type "x" as appropriate. _____ No _____ Yes
If "yes," specify: _____

Notes

[1] A major grade point average of 2.0 or higher on a 4.0 scale is required to complete the degree.

[2] It is recommended that students complete an FYS section of EXSS 1320. If an FYS section of the course is not available, students may complete a non-FYS section of EXSS 1320. Students should consult with their advisor to ensure that they complete an FYS section of a course from either Critical Inquiry courses or Social Science courses (designated SS) within Diversity/World Cultures.

[3] Must be animal biology, not botany.

[4] COMM 1300 and SPCH 1300 are the same course. Take only one of them.

[5] CHEM 1402 and 1450 require the following prerequisites: ACT mathematics score of at least 21 or corequisite/prerequisite of MATH 1390. It is recommended that students have taken and passed high school chemistry or have completed CHEM 1301 with a C or better.

[6] Students must complete at least one Humanities (HUM) and one Fine Arts (FA) course as part of the lower-division UCA Core, one from the Diversity in Creative Works category and the other from the Critical Inquiry, Fine Arts/Humanities category. One course must be completed in the second semester and the other course must be completed in the third semester. Note that the following humanities courses have prerequisites: CHIN 2320 Intermediate Chinese II, FREN 2320 Intermediate French II, GERM 2320 Intermediate German II, SPAN 2320 Intermediate Spanish III.

[7] Depending on the math or science courses selected to satisfy the special degree requirements for a Bachelor of Science, the student will need to adjust the number of general elective hours in this AMAP. For further details about the BS Science/Math requirement, see the Undergraduate Bulletin, "Degree Requirements." The program recommends that students complete two 4-credit hour science courses (Biology, Chemistry, or Physics) beyond the LD UCA Core requirements to fulfill the special degree requirements. It is recommended that, if students have CHEM 1402 or CHEM 1450, they complete BIOL 2406 and BIOL 2407 for their special degree requirement.

Notes – *continued*

[8] In addition to PSYC 1300 General Psychology, students must complete an additional Social Science course (designated SS) in the Diversity in World Cultures category of the LD UCA Core. Students in consultation with their advisor should refer to the current *Undergraduate Bulletin* and the UCA Lower Division General Education Check Sheet in selecting an appropriate SS course.

[9] Students select one of the following courses to satisfy the psychology requirement: PSYC 2370, PSYC 3370, or PSYC 4320. It is recommended that students interested in the BS in Exercise Science program complete PSYC 3370.

[10] Students are required to complete three courses from the following elective pool: FACS 2341, H ED 3325, H ED 4300, H ED 4303, MGMT 2341, MGMT 3305, MGMT 3310, and MKTG 2350.

[11] Students select one of the following courses to satisfy the nutrition requirement: NUTR 3370 or NUTR 4315. It is recommended that students in the BS in Exercise Science program complete NUTR 4315.

[12] Students select one of the following courses to satisfy the statistics requirement: MATH 2311, PSYC 2330, or SOC 2321.

[13] Students must have current CPR/First Aid Certification prior to enrolling in and during EXSS 4V99 Internship in Exercise Science.