



2+2 Degree Plan
Associate of Science in Liberal Arts and Sciences
Bachelor of Science in Health Education



North Arkansas College¹
Associate of Science in Liberal Arts and Sciences²

Possible Prerequisites			Semester	Hours	Grade
CP	0816	Introduction to Language		N/C	
CP	0911	Fundamentals of Algebra		N/C	
CP	0912	College Reading		N/C	
CP	0913	Fundamentals of Language		N/C	
CP	0922	Fundamentals of Algebra II		N/C	
CP	0933	Fundamentals of Algebra III		N/C	

General Education Requirements (35 credit hours)

English/Communication (9 credit hours)			UCA ³	Semester	Hours	Grade
ENGL	1013	Composition I	WRTG 1310		3	
ENGL	1023	Composition II	WRTG 1320		3	
SPCH	1313	Fundamentals of Oral Communication	COMM 1300		3	

Mathematics (6 credit hours)			UCA	Semester	Hours	Grade
MAT	1223	College Algebra	MATH 1390		3	

Lab Sciences (8 credit hours)			UCA	Semester	Hours	Grade
BIOL	2224	Anatomy and Physiology I and Lab	BIOL 1410		4	
CHEM	1214	Fundamentals of Chemistry	CHEM 1402		4	

Fine Arts/Humanities (6 credit hours)			UCA	Semester	Hours	Grade
ART	1003	Choose one: Art Appreciation	ART 2300		3	
DRAM	1003	Theatre Appreciation	MUS 2300			
MUS	1003	Music Appreciation (or other ASLAS Fine Arts)	THEA 2300			
ENGL	2213	Choose one: World Literature I	ENGL 2305		3	
ENGL	2223	World Literature II (or other ASLAS Humanities)	ENGL 2306			

Social Sciences (9 credit hours)			UCA	Semester	Hours	Grade
HIST	2003	Choose one: United States History I	HIST 2301		3	
HIST	2013	United States History II	HIST 2302			
PLSC	2003	American National Government	PSCI 1330			
HIST	1113	Choose one: World Civilization I or	HIST 1310		3	
HIST	1123	World Civilization II (or other ASLAS Social Science)	HIST 1320			
PSYC	2003	Choose one: General Psychology	PSYC 1300		3	
SOC	2013	Introduction to Sociology	SOC 1300			

Health Education Core (25 credit hours)⁴

			UCA	Semester	Hours	Grade
BIOL	2014	Microbiology	BIOL 2411		4	
BIOL	2234	Anatomy and Physiology II and Lab	BIOL 2410		4	
MAT	2133	Introduction to Statistics	MATH 2311		3	
HPER	1013	First Aid	H ED 2201		3	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			2	

Total Hours: 60⁵



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University of Central Arkansas
Bachelor of Science in Health Education
UCA Courses (60 credit hours)⁶

Required Core Courses (27 credit hours)			Semester	Hours	Grade
H ED	3300	Methods & Materials (UD UCA Core: C)		3	
H ED	3301	The Health Education Profession (UD UCA Core: R)		3	
H ED	3320	Epidemiological Research (UD UCA Core: I)		3	
H ED	4300	Community Health		3	
H ED	4320	Health Communication & Advocacy		3	
H ED	4331	Program Planning & Evaluation		3	
H ED	4370	Administration of Health Programs		3	
H ED	4600	Health Education Internship (UD UCA Core: Z)		6	

Required Content Courses (6 credit hours)			Semester	Hours	Grade
H ED	1320	Essentials of Health and Wellness		3	
H ED	3325	Disease Management for Health Promotion		3	

Upper Division Diversity Elective (3 credit hours)			Semester	Hours	Grade
Choose one:					
H ED	3305	Human Sexuality (UD UCA Core: D)		3	
H ED	4343	Health Strategies for Multicultural Populations			
H ED	4395	Contemporary Health Concerns: Women (UD UCA Core: D)			
H ED	4396	Contemporary Health Concerns: Men (UD UCA Core: D)			

Major Electives (6 credit hours)			Semester	Hours	Grade
Choose at least 6 credit hours:					
H ED	2320	Mental Health		6	
H SC	3123	Medical Terminology			
H ED	3315	Theory & Practice of Prevention			
H ED	4301	Health Education in the Medical Care Setting			
H ED	4302	Health Education in the Worksite			
H ED	4303	Environmental Health Problems			
H ED	4310	Health Concerns of the Aging			
H ED	4312	Drug Education			
H ED	4398	Health Coaching I			
H ED	4399	Health Coaching II			

Electives (18 credit hours)			Semester	Hours	Grade
		Upper Division General Electives		4	
		General Electives		14	

Total Hours: 120⁷

¹ See your NAC advisor for degree and graduation information.

² Agreement requirements are guaranteed in accordance with the academic year of initial enrollment at NAC, not to precede the academic year during which the agreement first took effect. A period of non-enrollment of 12 months or more requires that the student adhere to the agreement revision corresponding with the academic year of re-enrollment.

³ UCA course is either guaranteed by ACTS (acts.adhe.edu) or by UCA Department Chair approval (if blank, elective credit will be awarded).

⁴ The following four courses prepare students for ACE Health Coaching Certification: H ED 1320, H ED 3325, H ED 4398, H ED 4399.

⁵ Students completing the AS in Liberal Arts and Sciences degree requirements, as shown above, with a minimum 2.0 cumulative GPA, will have satisfied the UCA Lower-Division Core and will be admitted to the BS in Health Education degree program as a junior.

⁶ In order to receive important communications about transferring to UCA, students are encouraged to create a UCA student account at gopurple.uca.edu. For more information about the 2+2 program, students may also send email inquiries to ucatransfer@uca.edu.

⁷ This agreement requires 120 credit hours as follows: maximum 60 at NAC and remaining 60 at UCA (40 of which must be upper-division).