



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



National Park College¹
Associate of Science in Liberal Arts and Sciences²

Possible Prerequisites			Semester	Hours	Grade
LAD	9014	Foundations of College Math I		N/C	
LAD	9024	Foundations of College Math II		N/C	
LAD	9053	Accelerated Learning Plan Writing		N/C	
LAD	9113	Integrated Reading and Writing		N/C	

General Education Requirements (35 credit hours)

English/Communication (9 credit hours)			UCA ³	Semester	Hours	Grade
ENG	1113	English Composition I	WRTG 1310		3	
ENG	1123	English Composition II	WRTG 1320		3	
SPCH	1103	Fundamentals of Public Speaking	COMM 1300		3	

Mathematics (3 credit hours)			UCA	Semester	Hours	Grade
MATH	1123	College Algebra	MATH 1390		3	

Lab Sciences (8 credit hours)			UCA	Semester	Hours	Grade
BIOL	2224	Anatomy and Physiology I	BIOL 1410		4	
CHEM	1104	Choose one: Chemistry for Non-Majors I	CHEM 1400		4	
CHEM	1204	General Chemistry I	CHEM 1450			

Fine Arts/Humanities (6 credit hours)			UCA	Semester	Hours	Grade
ART	1593	Choose one: Art Appreciation	ART 2300		3	
MUS	1213	Music Appreciation (or other ASLAS Fine Arts)	MUS 2300			
ENG	2273	Choose one: World Literature I	ENGL 2305		3	
ENG	2283	World Literature II (or other ASLAS Humanities)	ENGL 2306			

Social Sciences (9 credit hours)			UCA	Semester	Hours	Grade
HIST	2223	Choose one: United States History to 1865	HIST 2301		3	
HIST	2233	United States History since 1865	HIST 2302			
POLS	1113	American National Government	PSCI 1330			
HIST	2253	Choose one: World Civilization to 1500	HIST 1310		3	
HIST	2263	World Civilization since 1500	HIST 1320			
PSYC	1103	Choose one: General Psychology	PSYC 1300		3	
SOC	1103	Introduction to Sociology	SOC 1300			

Health Education Core (25 credit hours)⁴

			UCA	Semester	Hours	Grade
BIOL	2244	Microbiology	BIOL 2411		4	
MATH	1293	Introduction to Statistics	MATH 2311		3	
BIOL	2234	Anatomy and Physiology II	BIOL 2410		4	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			3	
		ASLAS Approved Elective			2	

Total Hours: 60⁵



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



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 (UD UCA Core: C)		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 NPC advisor for degree and graduation information.

² Agreement requirements are guaranteed in accordance with the academic year of initial enrollment at NPC, 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 NPC and remaining 60 at UCA (40 of which must be upper-division).