



**2+2 Degree Plan Checklist**  
**Associate of Science in Liberal Arts and Sciences**  
**Bachelor of Science in Exercise Science**



**Arkansas State University - Beebe<sup>1</sup>**  
**Associate of Science in Liberal Arts and Sciences<sup>2</sup>**

| Possible Prerequisites |      |  | Semester | Hours | Grade |
|------------------------|------|--|----------|-------|-------|
| UNIV                   | 1003 | Principles of Academic Success III (required if registering for a remedial course) |          | (3)   |       |
| ENG                    | 0013 | Precollege Literacy  |          | N/C   |       |
| ENG                    | 0023 | College Literacy (taken with ENG 1003 – Freshman English I)                        |          | N/C   |       |
| MATH                   | 0112 | Review for College Algebra (taken with MATH 1023 – College Algebra)                |          | N/C   |       |
| MATH                   | 0123 | Pre-College Algebra  |          | N/C   |       |
| MATH                   | 0042 | Review for Quantitative Literacy (taken with MATH 1043 – Quantitative Literacy)    |          | N/C   |       |

**General Education Requirements (35 credit hours)**

| English/Communication (9 credit hours) |      |                     | UCA <sup>3</sup> | Semester | Hours | Grade |
|--|------|---------------------|------------------|----------|-------|-------|
| ENG                                    | 1003 | Freshman English I  | WRWG 1310        |          | 3     |       |
| ENG                                    | 1013 | Freshman English II | WRWG 1320        |          | 3     |       |
| SPCH                                   | 1203 | Oral Communications | COMM 1300        |          | 3     |       |

| Mathematics (3 credit hours) |      |                 | UCA       | Semester | Hours | Grade |
|------------------------------|------|-----------------|-----------|----------|-------|-------|
| MATH                         | 1023 | College Algebra | MATH 1390 |          | 3     |       |

| Lab Sciences (8 credit hours) |      |                       | UCA       | Semester | Hours | Grade |
|-------------------------------|------|-----------------------|-----------|----------|-------|-------|
| BIOL                          | 1014 | Principles of Biology | BIOL 1440 |          | 4     |       |
| CHEM                          | 1014 | General Chemistry I   | CHEM 1450 |          | 4     |       |

| Fine Arts/Humanities (6 credit hours) |      |   | UCA       | Semester | Hours | Grade |
|---------------------------------------|------|---|-----------|----------|-------|-------|
| ART                                   | 2503 | <b>Choose one:</b><br>Fine Arts - Visual          | ART 2300  |          | 3     |       |
| MUS                                   | 2503 | Fine Arts - Musical                               | MUS 2300  |          |       |       |
| THEA                                  | 2503 | Fine Arts – Theatre<br>(or other ASLAS Fine Arts) | THEA 2300 |          |       |       |
| ENG                                   | 2003 | <b>Choose one:</b><br>World Literature I          | ENGL 2305 |          | 3     |       |
| ENG                                   | 2013 | World Literature II                               | ENGL 2306 |          |       |       |

| Social Sciences (6 credit hours) |      |  | UCA       | Semester | Hours | Grade |
|----------------------------------|------|--|-----------|----------|-------|-------|
| HIST                             | 2763 | <b>Choose one:</b><br>The United States to 1876  | HIST 2301 |          | 3     |       |
| HIST                             | 2773 | The United States since 1876                     | HIST 2302 |          |       |       |
| POSC                             | 2103 | Introduction to United States Government         | PSCI 1330 |          |       |       |
| HIST                             | 1013 | <b>Choose one:</b><br>World Civilization to 1660 | HIST 1310 |          | 3     |       |
| HIST                             | 1023 | World Civilization since 1660                    | HIST 1320 |          |       |       |

| Social or Behavioral Science Elective (3 credit hours) |      |                            | UCA       | Semester | Hours | Grade |
|--|------|----------------------------|-----------|----------|-------|-------|
| PSY  | 2013 | Introduction to Psychology | PSYC 1300 |          | 3     |       |

**Exercise Science Core & BS Math/Science Requirement (25 credit hours)**

|      |      |   | UCA       | Semester | Hours | Grade |
|------|------|---|-----------|----------|-------|-------|
| BIOL | 2013 | Nutrition   | NUTR 1300 |          | 3     |       |
| BIOL | 2023 | Anatomical Kinesiology                                    | EXSS 2381 |          | 3     |       |
| HLTH | 2523 | First Aid and Safety (Responding to Emergencies)          | H ED 2201 |          | 3     |       |
| MATH | 2233 | Applied Statistics  | MATH 2311 |          | 3     |       |
| PE   | 1722 | Concepts of Fitness                                       | EXSS 1320 |          | 2     |       |
| PSY  | 2533 | Life-span Development (formerly Developmental Psychology) | PSYC 2370 |          | 3     |       |
| ZOOL | 2004 | Human Anatomy and Physiology I                            | BIOL 1410 |          | 4     |       |
| ZOOL | 2014 | Human Anatomy and Physiology II                           | BIOL 2410 |          | 4     |       |

**Total Hours: 60<sup>4</sup>**



**2+2 Degree Plan Checklist**  
**Associate of Science in Liberal Arts and Sciences**  
**Bachelor of Science in Exercise Science**



**University of Central Arkansas**  
**Bachelor of Science in Exercise Science**  
**UCA Courses (60 credit hours)<sup>5</sup>**

|                      |      |  | Semester | Hours | Grade |
|----------------------|------|--|----------|-------|-------|
| EXSS                 | 1310 | Introduction to Exercise Science                               |          | 3     |       |
| EXSS                 | 2320 | Fitness Assessments in Exercise Science                        |          | 3     |       |
| EXSS                 | 2340 | Motor Development & Learning                                   |          | 3     |       |
| EXSS                 | 3303 | Exercise Physiology  |          | 3     |       |
| EXSS                 | 3331 | Care & Prevention of Exercise & Sport Injuries                 |          | 3     |       |
| EXSS                 | 3348 | Exercise Prescription for General Populations (UD UCA Core: R) |          | 3     |       |
| EXSS                 | 3350 | Obesity Prevention & Management                                |          | 3     |       |
| EXSS                 | 3352 | Exercise Prescription for Special Populations                  |          | 3     |       |
| EXSS                 | 3353 | Exercise Prescription for Senior Populations                   |          | 3     |       |
| EXSS                 | 3382 | Biomechanics (UD UCA Core: I)                                  |          | 3     |       |
| EXSS                 | 4320 | Measurement & Evaluation in Human Performance (UD UCA Core: Z) |          | 3     |       |
| EXSS                 | 4323 | Group Exercise Leadership                                      |          | 3     |       |
| EXSS                 | 4351 | Sport & Fitness Administration (UD UCA Core: C)                |          | 3     |       |
| EXSS                 | 4376 | Advanced Strength & Conditioning                               |          | 3     |       |
| EXSS                 | 4395 | Sport in American Society (UD UCA Core: D)                     |          | 3     |       |
| EXSS                 | 4V99 | Internship in Exercise Science                                 |          | 3     |       |
| <b>Choose one:</b>   |      |  |          |       |       |
| NUTR                 | 3370 | Lifecycle Nutrition  |          | 3     |       |
| NUTR                 | 4315 | Sports Nutrition   |          |       |       |
| <b>Choose three:</b> |      |  |          |       |       |
| FACS                 | 2341 | Lifespan Development   |          |       |       |
| H ED                 | 3325 | Disease Management for Health Promotion                        |          |       |       |
| H ED                 | 4300 | Community Health   |          |       |       |
| H ED                 | 4303 | Environmental Health Problems                                  |          | 9     |       |
| MGMT                 | 2341 | Principles of Management                                       |          |       |       |
| MGMT                 | 3305 | Business Ethics  |          |       |       |
| MGMT                 | 3310 | Fundamentals of Entrepreneurship                               |          |       |       |
| MKTG                 | 2350 | Basic Marketing  |          |       |       |

**Total Hours: 120<sup>6</sup>**

<sup>1</sup> Please see your ASUB advisor for degree and graduation information.

<sup>2</sup> Agreement requirements are guaranteed in accordance with the academic year of initial enrollment at ASUB, 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.

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

<sup>4</sup> 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 be admitted to the BS in Exercise Science degree program as a junior.

<sup>5</sup> In order to receive important communications about transferring to UCA, students are encouraged to create a UCA student account at [gopurple.uca.edu](http://gopurple.uca.edu). For more information about the 2+2 program, students may also send email inquiries to [ucatransfer@uca.edu](mailto:ucatransfer@uca.edu).

<sup>6</sup> This agreement requires 120 credit hours as follows: maximum 60 at ASUB and remaining 60 at UCA (40 of which must be upper-division).