



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



Arkansas State University - Beebe¹
Associate of Science in Liberal Arts and Sciences²

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	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 ³	Semester	Hours	Grade
ENG	1003	Freshman English I	WRTG 1310		3	
ENG	1013	Freshman English II	WRTG 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	Choose one: Fine Arts - Visual	ART 2300		3	
MUS	2503	Fine Arts - Musical	MUS 2300			
THEA	2503	Fine Arts – Theatre (or other ASLAS Fine Arts)	THEA 2300			
ENG	2003	Choose one: World Literature I	ENGL 2305		3	
ENG	2013	World Literature II	ENGL 2306			

Social Sciences (6 credit hours)			UCA	Semester	Hours	Grade
HIST	2763	Choose one: 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	Choose one: 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 (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	HLTH 2201		3	
MATH	2233	Applied Statistics	MATH 2311		3	
PE	1722	Concepts of Fitness	EXSS 1320		2	
PSY	2533	Lifespan Development	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: 60⁴



2+2 Degree Plan Checklist
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Bachelor of Science in Exercise Science



University of Central Arkansas
Bachelor of Science in Exercise Science
UCA Courses (60 credit hours)⁵

			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	
		Choose one:			
NUTR	3370	Lifecycle Nutrition		3	
NUTR	4315	Sports Nutrition			
		Choose three:			
FACS	2341	Lifespan Development			
HLTH	3325	Disease Management for Health Promotion			
HLTH	4300	Community Health Problems			
HLTH	4303	Environmental Health Problems		9	
MGMT	2341	Basic Management			
MGMT	3305	Business Ethics			
MGMT	3310	Fundamentals of Entrepreneurship			
MKTG	2350	Basic Marketing			

Total Hours: 120⁶

¹ Please see your ASUB advisor for degree and graduation information.

² 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.

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 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.

⁵ 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.

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