



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



National Park College¹
Associate of Science in Liberal Arts and Sciences²

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	
			Choose one:			
CHEM	1104	Chemistry for Non-Majors	CHEM 1402		4	
CHEM	1204	Chemistry I for Majors	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 Promotion Core (25 credit hours)⁴

			UCA	Semester	Hours	Grade
BIOL	2234	Anatomy and Physiology II	BIOL 2410		4	
BIOL	2244	Microbiology	BIOL 2411		4	
MATH	2113	Introduction to Statistics	MATH 2311		3	
		ASLAS Approved Elective			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 Promotion
UCA Courses (60 credit hours)⁶

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

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

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

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

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: HLTH 1320, HLTH 3325, HLTH 4398, HLTH 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 Promotion 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).