

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	0023	College Literacy (taken with ENG 1003 – Freshman English I)		N/C	
MATH	0123	Pre-College Algebra		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 <i>(or other ASLAS Fine Arts)</i>	THEA 2300			
ENG	2003	Choose one: World Literature to 1660	ENGL 2305		3	
ENG	2013	World Literature since 1660	ENGL 2306			

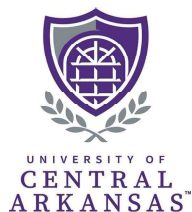
Social Sciences (6 credit hours)			UCA	Semester	Hours	Grade
HIST	2763	Choose one: The United States to 1876	HIST 2301		3	
HIST	2773	The United States since 1876	HIST 2302			
POSC	2103	Introduction to United States Government	PSCI 1330			
HIST	1013	Choose one: World Civilization to 1660	HIST 1310		3	
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 (Responding to Emergencies)	HLTH 2201		3	
MATH	2233	Applied Statistics	MATH 2311		3	
PE	1722	Concepts of Fitness	EXSS 1320		2	
PSY	2533	Lifespan Development	PSYC 3321		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
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)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	Exercise Prescription for Athletic Populations		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 admissions.uca.edu/apply/. 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).