



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 | 1004 | Biology for General Education | BIOL 1400 | | 4 | |
| PHSC | 1204 | Physical Science (or other ASLAS Physical Science with Lab) | PHYS 1400 | | 4 | |

| Fine Arts/Humanities (6 credit hours) | | | UCA | Semester | Hours | Grade |
|--|------|---|-----------|----------|-------|-------|
| ART | 2503 | <u>Choose one:</u> Fine Arts - Visual | ART 2300 | | | |
| MUS | 2503 | Fine Arts - Musical | MUS 2300 | | | |
| THEA | 2503 | Fine Arts – Theatre (or other ASLAS Fine Arts) | THEA 2300 | | 3 | |
| ENG | | <u>Choose one:</u> | | | | |
| ENG | 2003 | World Literature to 1660 | ENGL 2305 | | | |
| ENG | 2013 | World Literature since 1660 | ENGL 2306 | | 3 | |

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

| 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 | 2023 | Anatomical Kinesiology | EXSS 2381 | | 3 | |
| HLTH | 2325 | First Aid and Safety (Responding to Emergencies) | EXSS 3331 | | 3 | |
| PE | 1022 | Physical Conditioning I | EXSS 1125 | | 2 | |
| PE | 1032 | Physical Conditioning II | EXSS 1135 | | 2 | |
| MATH | 2233 | Applied Statistics | MATH 2311 | | 3 | |
| ZOOL | 2004 | Human Anatomy and Physiology I | BIOL 1410 | | 4 | |
| ZOOL | 2014 | Human Anatomy and Physiology II | BIOL 2410 | | 4 | |
| | | <i>ASLAS Approved Elective</i> | | | 3 | |
| | | <i>ASLAS Approved Elective</i> | | | 1 | |

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

Major Requirements (39 hours)

| | | | 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 | 3348 | Exercise Prescription for General Populations (UD UCA Core: R) | | 3 | |
| EXSS | 3350 | Obesity Prevention & Management | | 3 | |
| EXSS | 3352 | Exercise Prescription for Clinical Populations | | 3 | |
| EXSS | 3355 | Exercise Science Clinical Experience I | | 3 | |
| EXSS | 3382 | Biomechanics (UD UCA Core: I) | | 3 | |
| EXSS | 4320 | Measurement & Evaluation in Human Performance (UD UCA Core: Z) | | 3 | |
| EXSS | 4351 | Sport & Fitness Administration (UD UCA Core: C) | | 3 | |
| EXSS | 4395 | Sport in American Society (UD UCA Core: D) | | 3 | |
| EXSS | 4V99 | Internship in Exercise Science | | 3 | |

Electives (21 hours)*

| | | Semester | Hours | Grade |
|-------------------------------------|-----------------------------|----------|-------|-------|
| | Electives (See Note Below)* | | 21 | |
| Total Hours: 120⁶ | | | | |

*Pre-professional, minor or elective courses

Recommend to meet with mentor or academic advisor to determine elective courses needed for post graduate studies, a minor, or elective courses to enhance career pursuits.

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).