

## Academic Map: Exercise Science

**Department:** Exercise and Sport Science      **Degree:** BS  
**Program/Major:** Exercise Science<sup>1</sup>  
**Track/Emphasis:** \_\_\_\_\_  
**Does this program require a minor? (Yes/No)** Yes<sup>2</sup>

### Important program information in the online *Undergraduate Bulletin*:

**UCA Core Requirements:** <http://uca.edu/ubulletin/general-policies-information/uca-core/>  
**LD Core Check Sheet:** <http://uca.edu/academicbulletins/ld-uca-core/>  
**Degree Requirements:** <http://uca.edu/ubulletin/general-policies-information/degree-requirements/>  
**Program Description:** <http://uca.edu/ubulletin/colleges-departments-programs/college-of-health-and-behavioral-sciences/department-of-exercise-and-sport-science/#sec0203>  
**Course Descriptions:** <http://uca.edu/ubulletin/courses/>

This degree program requires a total of **120 semester credit hours**, including at least **40 upper-division credit hours**.

Comparable courses in the Arkansas Course Transfer System (ACTS) are cross-referenced in the ACTS column of each semester block below; a [core link](http://uca.edu/academicbulletins/ld-uca-core/) (http://uca.edu/academicbulletins/ld-uca-core/) takes the user to the *Undergraduate Bulletin's* UCA Lower-Division Core check sheet, where UCA Core options and ACTS course numbers are listed in full; an [acts link](http://uca.edu/academicbulletins/acts/) takes the user to the *Undergraduate Bulletin's* ACTS page (http://uca.edu/academicbulletins/acts/) for additional information and a UCA-ACTS crosswalk.

### Year 1

#### Fall – Semester 1 (Credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
WRTG	1310	Introduction to College Writing	3	ENGL1013
EXSS <sup>3</sup>	1320	Foundations of Wellness (FYS, if possible) <sup>4</sup>	3	
BIOL	1400 1440	Exploring Concepts in Biology or Approved alternatives (LD UCA Core: Life Science) <sup>5</sup> or Principles of Biology <sup>6</sup>	4	BIOL1004 <a href="#">core link</a> BIOL1014
PSYC	1300	General Psychology (LD UCA Core: Inquiry/Analysis [SS])	3	PSYC 1103
MATH	1390	College Algebra or Approved higher level mathematics course <sup>5</sup>	3	MATH1103 <a href="#">core link</a>

#### Spring – Semester 2 (Credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
WRTG ENGL	1320 1320	Academic Writing and Research or Interdisciplinary Writing and Research or Other approved alternative (LD UCA Core: Writing/Research) <sup>5</sup>	3	ENGL1023 ENGL1023 <a href="#">core link</a>
COMM	1300	Principles of Communication [formerly SPCH 1300] <sup>7</sup> or Approved alternative (LD UCA Core: Oral Communication) <sup>5</sup>	3	SPCH1003 <a href="#">core link</a>
CHEM	1402 1450	General Chemistry for Health Sciences or College Chemistry I <sup>8</sup>	4	CHEM1214 CHEM1414
EXSS	1310	Introduction to Exercise Science	3	
		LD UCA Core: Diversity/Creative Works or LD UCA Core: Inquiry/Analysis, FA/HUM <sup>5, 9</sup>	3	<a href="#">core link</a>

**Year 2****Fall – Semester 3 (Credit hours: 16)**

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	2340	Motor Development and Learning	3	
EXSS	2381	Anatomical Kinesiology <sup>10</sup>	3	
		BS Science/Math <sup>11</sup>	4	<a href="#">acts link</a>
		LD UCA Core: Inquiry/Analysis, American History/Government <sup>5</sup>	3	<a href="#">core link</a>
		LD UCA Core: Diversity/Creative Works or LD UCA Core: Inquiry/Analysis, FA/HUM <sup>5, 9</sup>	3	<a href="#">core link</a>

**Spring – Semester 4 (Credit hours: 15)**

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	2320	Fitness Assessments in Exercise Science	3	
EXSS	4300	Exercise Physiology	3	
H ED	2201	First Aid	2	
		BS Science/Math <sup>11</sup>	4	<a href="#">acts link</a>
		LD UCA Core (Diversity/World Cultures [SS only]) <sup>5, 12</sup>	3	<a href="#">core link</a>

**Year 3****Fall – Semester 5 (Credit hours: 15)**

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3331	Care and Prevention of Exercise and Sports Injuries	3	
EXSS	3348	Exercise Prescription for General Populations	3	
EXSS	4395	Sport in American Society (UD UCA Core: D)	3	
NUTR	1300	Nutrition in the Life Cycle	3	
		Minor elective	3	

**Spring – Semester 6 (Credit hours: 15)**

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3316	Curriculum (UD UCA Core: R)	3	
EXSS	4323	Group Exercise Leadership	3	
NUTR	4315	Sports Nutrition	3	
EXSS	3350	Obesity Prevention and Management (EXSS elective) <sup>13</sup> or Minor elective	3	
		Cognate elective <sup>14</sup>	3	

**Year 4****Fall – Semester 7 (Credit hours: 15)**

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3352	Exercise Prescription for Special Populations	3	
EXSS	3382	Biomechanics (UC UCA Core: I)	3	
EXSS	4351	Sport and Fitness Administration (UD UCA Core: C)	3	
NUTR	3370	Advanced Nutrition	3	
EXSS	4376	Strength and Conditioning (EXSS elective) <sup>13</sup> or Minor elective	3	

**Spring – Semester 8 (Credit hours: 12)**

SUBJ	NUM	TITLE	SCH	ACTS
EXSS	3353	Exercise Prescription for Senior Populations	3	
EXSS	4320	Measurement and Evaluation in Human Performance (UD UCA Core: Z)	3	
EXSS	4399	Internship in Exercise Science <sup>15</sup>	3	
		Minor elective	3	

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 SIGNED – DEPARTMENT CHAIR

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 DATE

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 SIGNED – COLLEGE DEAN

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 DATE

**To be completed by the advisor when an Eight-Semester Plan is accepted by the student:**

If applicable, has student selected a minor? Type “x” as appropriate.  No  Yes

If “yes,” specify: \_\_\_\_\_

### Notes

<sup>1</sup> A major grade point average of 2.0 or higher on a 4.0 scale is required to complete the degree. The major consists of 53 credit hours. A grade of C or better is required in all major courses.

<sup>2</sup> This Academic Map includes 18 credit hours in the Family and Consumer Science Minor. A minor grade point average of 2.0 or higher on a 4.0 scale is required for completion of the degree. A grade of C or better is required in all minor courses.

<sup>3</sup> EXSS courses were formerly designated with the prefix KPED.

<sup>4</sup> It is recommended that students complete an FYS section of EXSS 1320. If an FYS section of the course is not available, students may complete a traditional section of EXSS 1320. Students should consult with their advisor to ensure that they complete an FYS section of a course from either Critical Inquiry or a Social Science course (designated SS) within Diversity/World Cultures. See also note 5.

<sup>5</sup> See appropriate choices, alternatives, or substitutions under “UCA Core” in the *Undergraduate Bulletin*. During the first year, a student must complete a UCA Core course designated as a First-Year Seminar (FYS) in Critical Inquiry, Diversity, or Responsible Living. An approved UCA Core lab science and an approved UCA Core math course should be taken in the first two years if possible. The student will also need to complete major, minor, or general elective courses designated as fulfilling the upper-division and capstone requirements of the UCA Core. See annotations in this Academic Map for courses in the major fulfilling these UD UCA Core requirements.

<sup>6</sup> BIOL 1440 requires the following prerequisites: High School chemistry or CHEM 1301 (or above) and a composite ACT score of 21 or higher OR BIOL 1400 and CHEM 1301 (or above), both with a grade of C or higher. Students not meeting the prerequisite requirements must have permission of the Biology department chair prior to enrollment.

<sup>7</sup> COMM 1300 and SPCH 1300 are the same course. Take only one of them.

<sup>8</sup> CHEM 1450 requires the following prerequisites: High school chemistry or CHEM 1301 (or above) with a C or better, and an ACT mathematics score of at least 21 or corequisite/prerequisite of MATH 1390.

<sup>9</sup> Students must complete at least one Humanities (HUM) and one Fine Arts (FA) course as part of the lower-division UCA Core, one from the Diversity in Creative Works category and the other from the Critical Inquiry, Fine Arts/Humanities category. One course must be completed in the second semester and the other course must be completed in the third semester. Note that the following humanities courses have prerequisites: CHIN 2320 Intermediate Chinese II, FREN 2320 Intermediate French II, GERM 2320 Intermediate German II, SPAN 2320 Intermediate Spanish III.

Notes – *continued*

<sup>10</sup> Prerequisite BIOL 1400/1401/1402 or 1440.

<sup>11</sup> Depending on the math or science courses selected to satisfy the special degree requirements for a Bachelor of Science, the student will need to adjust the number of general elective hours in this AMAP. For further details about the BS Science/Math requirement, see the Undergraduate Bulletin, "Degree Requirements." The program recommends that students complete two 4-credit hour science courses (Biology, Chemistry, or Physics) beyond the LD UCA Core requirements to fulfill the special degree requirements. It is recommended that, if students have CHEM 1402 or CHEM 1450, they complete BIOL 2406 and BIOL 2407 for their special degree requirement.

<sup>12</sup> In addition to PSYC 1300 General Psychology, students must complete an additional Social Science course (designated SS) in the Diversity in World Cultures category of the LD UCA Core.

<sup>13</sup> Students must complete only one EXSS elective.

<sup>14</sup> It is recommended that students complete a 3-hour upper-division course from a cognate area that supports students' career interests.

<sup>15</sup> Students must have current CPR/First Aid Certification prior to enrolling in and during EXSS 4399 Internship in Exercise Science.