

Academic Map: Exercise Science

Department: Exercise and Sport Science **Degree:** BS¹
Program/Major: Exercise Science
Track/Emphasis: _____
Does this program require a minor? (Yes/No) No

Important program information in the online *Undergraduate Bulletin*:

UCA Core Requirements: <https://uca.edu/ubulletin/general-policies-information/uca-core/>
LD UCA Core Check Sheet: <https://uca.edu/academicbulletins/ld-uca-core/>
UD UCA Core Course List: <https://uca.edu/academicbulletins/ud-uca-core/>
Degree Requirements: <https://uca.edu/ubulletin/general-policies-information/degree-requirements/>
Program Description: <https://uca.edu/ubulletin/colleges-departments/ch/exss/>
Course Descriptions: <https://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](https://uca.edu/academicbulletins/ld-uca-core/) (https://uca.edu/academicbulletins/ld-uca-core/) takes the user to the *Undergraduate Bulletin's* Lower-Division (LD) UCA Core check sheet, where UCA Core options and ACTS course numbers are listed in full; an [acts link](https://uca.edu/academicbulletins/acts/) takes the user to the *Undergraduate Bulletin's* ACTS page (https://uca.edu/academicbulletins/acts/) for additional information and a UCA-ACTS crosswalk.

Scholarship recipients: Please be aware of eligibility criteria for your scholarship(s). In particular, pay attention to (1) the enrollment requirements each semester for disbursement of your scholarship(s) and (2) the number of hours and GPA required each semester and/or year for renewal of your scholarship(s). Some Academic Maps may suggest enrollment in fewer hours than required for disbursement of your scholarship(s). In such cases, work with your academic advisor to adjust your schedule to meet requirements most efficiently. Contact the Office of Student Financial Aid at (501) 450-3140 with any questions regarding enrollment/renewal requirements of your scholarship(s). For online information resources, see endnote ².

Year 1

Fall – Semester 1 (Credit hours: 16)

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|------------------------------|--|-----|--|
| WRTG | 1310 | Introduction to College Writing | 3 | ENGL1013 |
| EXSS | 1320 | Foundations of Wellness (FYS, if possible) ³ | 3 | |
| BIOL | 1400 1401 1402 1440 | Exploring Concepts in Biology or Exploring Ecology and the Environment or Exploring Human Biology or Principles of Biology (LD UCA Core: Life Science) ⁴ | 4 | BIOL1004 BIOL1004 BIOL1004 BIOL1014 |
| PSYC | 1300 | General Psychology (LD UCA Core: Inquiry/Analysis [SS]) | 3 | PSYC 1103 |
| MATH | 1390 | College Algebra or Approved higher-level mathematics course | 3 | MATH1103 core link |

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) | 3 | ENGL1023 ENGL1023 core link |

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|--------------|---|-----|--|
| COMM | 1300 | Principles of Communication [formerly SPCH 1300] ⁵ or Approved alternative (LD UCA Core: Oral Communication) | 3 | SPCH1003 core link |
| CHEM | 1402 1450 | General Chemistry for Health Sciences or College Chemistry I ⁶ | 4 | CHEM1214 CHEM1414 |
| EXSS | 1310 | Introduction to Exercise Science | 3 | |
| | | LD UCA Core: Diversity/Creative Works or LD UCA Core: Inquiry/Analysis, FA/HUM ⁷ | 3 | core link |

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

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|------|---|-----|---------------------------|
| EXSS | 2340 | Motor Development and Learning | 3 | |
| EXSS | 2381 | Anatomical Kinesiology | 3 | |
| | | BS Science/Math ⁸ | 4 | acts link |
| | | LD UCA Core: Inquiry/Analysis, American History/Government | 3 | core link |
| | | LD UCA Core: Diversity/Creative Works or LD UCA Core: Inquiry/Analysis, FA/HUM ⁷ | 3 | core link |

Spring – Semester 4 (Credit hours: 15)

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|------|---|-----|---------------------------|
| EXSS | 3303 | Exercise Physiology | 3 | |
| EXSS | 2320 | Fitness Assessments in Exercise Science | 3 | |
| HLTH | 2201 | First Aid | 2 | |
| | | BS Science/Math ⁸ | 4 | acts link |
| | | LD UCA Core (Diversity/World Cultures [SS only]) ⁹ | 3 | core link |

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 (UD UCA Core: R) | 3 | |
| NUTR | 1300 | Foundations of Nutrition | 3 | |
| | | Psychology Requirement ¹⁰ | 3 | |
| | | Major Elective ¹¹ | 3 | |

Spring – Semester 6 (Credit hours: 15)

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|------|--|-----|------|
| EXSS | 4395 | Sport in American Society (UD UCA Core: D) | 3 | |
| EXSS | 3350 | Obesity Prevention and Management | 3 | |
| | | Nutrition Requirement ¹² | 3 | |
| EXSS | 4323 | Group Exercise Leadership | 3 | |
| | | Major Elective ¹¹ | 3 | |

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

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|------|---|-----|------|
| EXSS | 3382 | Biomechanics (UD UCA Core: I) | 3 | |
| EXSS | 3352 | Exercise Prescription for Special Populations | 3 | |
| EXSS | 4351 | Sport and Fitness Administration (UD UCA Core: C) | 3 | |
| | | Statistics Requirement ¹³ | 3 | |
| EXSS | 4376 | Advanced Strength and Conditioning | 3 | |

Spring – Semester 8 (Credit hours: 12)

| SUBJ | NUM | TITLE | SCH | ACTS |
|------|------|--|-----|------|
| EXSS | 4320 | Measurement and Evaluation in Human Performance (UD UCA Core: Z) | 3 | |
| EXSS | 3353 | Exercise Prescription for Senior Populations | 3 | |
| EXSS | 4V99 | Internship in Exercise Science ¹⁴ | 3 | |
| | | Major Elective ¹¹ | 3 | |

SIGNED – DEPARTMENT CHAIR

DATE

SIGNED – COLLEGE DEAN

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

¹ A major grade point average of 2.0 or higher on a 4.0 scale is required to complete the degree.

² See online information resources for UCA scholarships at <https://uca.edu/scholarships/> and for state scholarships at <https://scholarships.adhe.edu/scholarships-and-programs/a-z/>.

³ 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 non-FYS 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 courses or Social Science courses (designated SS) within Diversity/World Cultures.

⁴ Must be animal biology, not botany. Note: 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.

⁵ COMM 1300 and SPCH 1300 are the same course. Take only one of them.

⁶ CHEM 1402 and 1450 require the following prerequisites: ACT mathematics score of at least 21 or corequisite/prerequisite of MATH 1390. It is recommended that students have taken and passed high school chemistry or have completed CHEM 1301 with a C or better.

Notes – *continued*

⁷ 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.

⁸ 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 3406 and BIOL 3407 for their special degree requirement.

⁹ 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. Students in consultation with their advisor should refer to the current *Undergraduate Bulletin* and the UCA Lower Division General Education Check Sheet in selecting an appropriate SS course.

¹⁰ Students select one of the following courses to satisfy the psychology requirement: PSYC 2370, PSYC 3370, or PSYC 4320. It is recommended that students interested in the BS in Exercise Science program complete PSYC 3370.

¹¹ Students are required to complete three courses from the following elective pool: FACS 2341, HLTH 3325, HLTH 4300, HLTH 4303, MGMT 2341, MGMT 3305, MGMT 3310, and MKTG 2350.

¹² Students select one of the following courses to satisfy the nutrition requirement: NUTR 3370 or NUTR 4315. It is recommended that students in the BS in Exercise Science program complete NUTR 4315.

¹³ Students select one of the following courses to satisfy the statistics requirement: MATH 2311, PSYC 2330, or SOC 2321.

¹⁴ Students must have current CPR/First Aid Certification prior to enrolling in and during EXSS 4V99 Internship in Exercise Science.