

SAMPLE DEGREE PLAN

Bachelor of Science, Exercise Science

This degree program requires a total of 120 credit hours (CH), including 38 credit hours of the lower-division (LD) UCA Core and 40 credit hours of upper-division (3000- and 4000-level) courses. This sample degree plan demonstrates how a first-time entering freshman with no college credit can earn the degree in eight semesters. The upper-division UCA Core must be met using major, minor, or general elective courses. For general and specific degree requirements, please see the *Undergraduate Bulletin* at <https://uca.edu/ubulletin>. Consult your academic advisor for appropriate substitutions and additional information.

This degree is offered as an eight-semester degree completion program. Eligible students who follow this degree plan and complete all general and specific degree requirements in the *Undergraduate Bulletin* of the year in which they were admitted will earn this degree in eight semesters. For eligibility requirements, see <https://uca.edu/ubulletin/degreeplans/> for more information.

Year 1

Fall — Semester 1	Spring — Semester 2
CH Courses	
3	WRTG 1320 Academic Writing & Research or ENGL 1320 Interdisciplinary Writing & Research or Other approved Research and Writing alternative
4	CHEM 1402 or 1450
3	MATH 1390 College Algebra (or higher-level mathematics course, if not taken) or Other LD UCA Core Course
3	LD UCA Core First-Year Seminar (if not taken) or PSYC 1300
3	EXSS 1350 Introduction to Athletic Training

Courses CH

WRTG 1310 Introduction to College Writing or

Other approved Writing Foundation alternative³

BIOL 1400 Exploring Concepts in Biology or

BIOL 1440 Principles of Biology⁴ MATH 1390 College Algebra (or higher-level
mathematics course) or

Other LD UCA Core Course

LD UCA Core First-Year Seminar or

PSYC 1300³ **NUTR 1300**³ Total 16 Total 16

Year 2

Fall — Semester 3 Spring — Semester 4

CH Courses
1EXSS 2320 Fitness Assessments in Exercise Science
1 EXSS 3303 Exercise Physiology
3BIOL 3407 Structure and Function of the Human Body II
3 LD UCA Core Course
4 LD UCA Core Course
3

Courses CH

EXSS 1125 Conditioning Activities (1st half) 3 EXSS 1135 Beginning Weight Training (2nd half) 3 EXSS 2340 Motor Development and Learning 4

EXSS 2381 Anatomical Kinesiology 3 BIOL 3406 Structure and Function of the Human Body I 3 LD UCA Core Course

Statistics Course

Total 18 Total 16

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Year 3 - MSAT application begins

Fall — Semester 5 Spring — Semester 6

CH Courses
3EXSS 3352 Exercise Prescription for Clinical Populations
3 EXSS 4395 Sport in American Society
2 EXSS 3355 Exercise Science Clinical Experience I
3 EXSS 3350 Obesity Prevention and Management
4 EXSS 3382 Biomechanics

Courses CH

EXSS 3331 Care and Prevention of Exercise and Sport

Injuries 3 EXSS 3348 Exercise Prescription for General

Populations 3 EXSS 4281 Anatomical Kinesiology II 3 EXSS 4320 Measurement and Evaluation 3 PHYS 1405/1440 3 Total

15 Total 15

Year 4

Summer — Semester 7 Fall — Semester 8

CH Courses
3 ATTR 5335 Therapeutic Interventions I
3 ATTR 5301 AT Clinical Experiences
3 ATTR 5351 Orthopedic Assessment I
ATTR 5354 Orthopedic Assessment II

Courses CH

ATTR 5310 Gross Anatomy (10 weeks) 3 ATTR 5300 Foundations of AT (10 weeks) 3 ATTR 5325 Emergency Care in AT (5 weeks Sum II) 3 3

Total 9 Total 12

Students will graduate with an BS in Exercise Science at the end of their fall semester 8. They will continue in the MSAT program for four additional semesters to complete the MS in Athletic Training. See below for the degree plan.

Year 5

Spring — Semester 9 Summer — Semester 10

CH Courses
3 ATTR 6203 AT Clinical Experience III
3 ATTR 6330 General Medical Conditions (10 week)
3
3
1

Courses CH

ATTR 5345 Therapeutic Interventions II 2 EXSS 6315 Research Methods 3 ATTR 6355 Head, Neck, Spine Injury Management

ATTR 5302 Athletic Training Clinical Experience II

ATTR 5101 Clinical Development I

Total 13 Total 5

Year 6

Fall — Semester 11 Spring — Semester 12

CH Courses
3 ATTR 6330 Healthcare Administration
3 ATTR 6405 AT Clinical Experience V
4 ATTR 6V08 Research Projects in Sport Medicine

Courses CH

ATTR 6365 Special Topics in Sport Medicine 3 ATTR 6354 Pharmacology in AT 4 ATTR 6404 AT Clinical Experience IV 3

Total 10 Total 10

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This sample degree plan has been approved by the Department of Exercise and Sport Science in the College of Health and Behavioral Sciences.

SIGNED – DEPARTMENT CHAIR / SCHOOL DIRECTOR DATE

SIGNED – COLLEGE DEAN DATE

