

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	
Courses	CH	Courses	CH
WRTG 1310 Introduction to College Writing or Other approved Writing Foundation alternative	3	WRTG 1320 Academic Writing & Research or ENGL 1320 Interdisciplinary Writing & Research or Other approved Research and Writing alternative	3
BIOL 1400 Exploring Concepts in Biology or BIOL 1440 Principles of Biology	4	LD UCA Core Lab Science	4
MATH 1390 College Algebra (or higher-level mathematics course) or Other LD UCA Core Course	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 or Other LD UCA Core Course	3	LD UCA Core First-Year Seminar (if not taken) or Other LD UCA Core Course	3
LD UCA Core Course	3	EXSS 1310 Introduction to Exercise Science	3
Total	16	Total	16

Year 2

Fall — Semester 3		Spring — Semester 4	
Courses	CH	Courses	CH
EXSS 1125 Conditioning Activities	1	EXSS 2320 Fitness Assessments in Exercise Science	3
EXSS 1135 Beginning Weight Training	1	EXSS 3303 Exercise Physiology	3
EXSS 2340 Motor Development and Learning	3	BIOL 3407 Structure and Function of the Human Body II	4
EXSS 2381 Anatomical Kinesiology	3	LD UCA Core Course	3
BIOL 3406 Structure and Function of the Human Body I	4	LD UCA Core Course	3
LD UCA Core Course	3		
Total	15	Total	16

Year 3

Fall — Semester 5		Spring — Semester 6	
Courses	CH	Courses	CH
EXSS 3331 Care and Prevention of Exercise and Sport Injuries	3	EXSS 3352 Exercise Prescription for Clinical Populations	3
EXSS 3348 Exercise Prescription for General Populations	3	EXSS 4395 Sport in American Society	3
Pre-Professional Prerequisites/Minor Courses/General Elective ¹	9	EXSS 3355 Exercise Science Clinical Experience I or Pre-Professional Prerequisite/Minor Course/General Elective ¹	3
		Pre-Professional Prerequisite/Minor Course/General Elective ¹	3
		Statistics Requirement	3
Total	15	Total	15

Year 4

Fall — Semester 7		Spring — Semester 8	
Courses	CH	Courses	CH
EXSS 3350 Obesity Prevention and Management	3	EXSS 4V99 Internship in Exercise Science	3
EXSS 3382 Biomechanics	3	Pre-Professional Prerequisites/Minor Courses/General Electives ¹	9
EXSS 4320 Measurement and Evaluation in Human Performance	3		
EXSS 4351 Sport and Fitness Administration	3		
EXSS 3355 Exercise Science Clinical Experience I or EXSS 4355 Exercise Science Clinical Experience II (if EXSS 3355 not taken in Semester 6) or Pre-Professional Prerequisite/Minor Course/General Elective ¹	3		
Total	15	Total	12

¹ Students may fulfill these hours with prerequisite courses needed for graduate degree programs, a minor such as nutrition, business, and psychology, or any other course to round out their desired career upon graduation with guidance from Academic Advising.

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

Kimberly Eskola

06/02/26

SIGNED – DEPARTMENT CHAIR / SCHOOL DIRECTOR

DATE

M. Kase

06/02/26

SIGNED – COLLEGE DEAN

DATE