

**2023-2024 Advising Worksheet**  
**Bachelor of Science in Exercise Science (EXSCBS)**

**English Core (6 hours):**

- \_\_\_\_\_ ENGL 1013^ Composition I
- \_\_\_\_\_ ENGL 1023^ Composition II

**Fine Arts Core (3 hours) choose one:**

- \_\_\_\_\_ ARCH 1003^ Architecture Lecture
- \_\_\_\_\_ ARHS 1003^ Art Lecture
- \_\_\_\_\_ COMM 1003^ Film Lecture
- \_\_\_\_\_ DANC 1003 Dance Appreciation
- \_\_\_\_\_ ENGL 2023 Creative Writing I
- \_\_\_\_\_ HUMN 2114H Birth of Modern Culture
- \_\_\_\_\_ LARC 1003^ The American Landscape
- \_\_\_\_\_ MLIT 1003^ Experiencing Music
- \_\_\_\_\_ MLIT 1013^ Music and Society
- \_\_\_\_\_ MLIT 1333 Popular Music
- \_\_\_\_\_ THTR 1003^ Theatre Appreciation
- \_\_\_\_\_ THTR 1013^ Musical Theatre Appreciation
- \_\_\_\_\_ THTR 1883 Acting I for Theatre Majors

**Math Core (3-4 hours) choose one:**

- \_\_\_\_\_ MATH 1213 Plane Trigonometry **OR**
- \_\_\_\_\_ MATH 1284C Precalculus **OR**
- \_\_\_\_\_ MATH 2554 Calculus (Pre-requisite may be Required: MATH 1203 College Alg./ACT score)

**Science Core (8 hours):**

- \_\_\_\_\_ BIOL 1543 Principles of Biology
- \_\_\_\_\_ BIOL 1541L^ Principles of Biology Lab **OR**
- \_\_\_\_\_ BIOL 1584 Biology for Majors
- \_\_\_\_\_ CHEM 1103 University Chemistry I
- \_\_\_\_\_ CHEM 1101L University Chem. I Lab

**Additional Required Sciences (20 hours):**

- \_\_\_\_\_ **BIOL 2443** Human Anatomy &
- \_\_\_\_\_ **BIOL 2441L** Human Anatomy Lab  
(Pre-req: 4 hours Biology)
- \_\_\_\_\_ **BIOL 2213** Human Physiology &
- \_\_\_\_\_ **BIOL 2211L** Human Physiology Lab  
(Pre-req: MATH 1203 & CHEM)
- \_\_\_\_\_ CHEM 1123^ University Chem. II &
- \_\_\_\_\_ CHEM 1121L^ Univ. Chem. II Lab  
(Pre-req: MATH 1203 & CHEM 1103)
- \_\_\_\_\_ CHEM 2613 Organic Physio. Chem. &
- \_\_\_\_\_ CHEM 2611L Org. Physio. Chem. Lab **OR**
- \_\_\_\_\_ CHEM 3603^ Organic Chemistry I &
- \_\_\_\_\_ CHEM 3601L^ Organic Chem. I Lab  
(Pre-req: CHEM 1123/1121L)
- \_\_\_\_\_ PHYS 2013 College Physics I (Fa/Su)&
- \_\_\_\_\_ PHYS 2011L College Physics I Lab  
(Pre-req: MATH 1213/1284/2043/2554)

**Additional Non-EXSC Reqmts (12 hours):**

- \_\_\_\_\_ NUTR 1213^ Fund. of Nutrition
- \_\_\_\_\_ COMM 1313^ Public Speaking
- \_\_\_\_\_ STAT 2303 Principles of Statistics  
(Pre-req: MATH 1203/1313/26 ACT) **OR**
- \_\_\_\_\_ PSYC 2013 Intro to Stat/PSYC **OR**
- \_\_\_\_\_ SOCI 3303/3301L Stat Data & Anlys **OR**
- \_\_\_\_\_ STAT 2823 Biostatistics
- \_\_\_\_\_ PSYC 3023 Abnormal Psychology

**Social Sciences Core (9 hours):**

- \_\_\_\_\_ PSYC 2003^ General Psychology
- And choose two from:**
- \_\_\_\_\_ AGECE 1103^ Agricultural Microecon.
- \_\_\_\_\_ AGECE 2103^ Agricultural Macroecon.
- \_\_\_\_\_ ANTH 1023^ Cultural Anthropology
- \_\_\_\_\_ COMM 1023^ Comm. in Diverse World
- \_\_\_\_\_ ECON 2013^ Macroeconomics
- \_\_\_\_\_ ECON 2023^ Microeconomics
- \_\_\_\_\_ ECON 2143^ Basic Economics
- \_\_\_\_\_ EDST 2003 Intro to Educational Studies
- \_\_\_\_\_ GEOS 1123^ Human Geography
- \_\_\_\_\_ GEOS 2003^ World Regional Geog.
- \_\_\_\_\_ HDFS 1403^ Life Span Development
- \_\_\_\_\_ HDFS 2413^ Family Relations
- \_\_\_\_\_ HDFS 2603^ Rural Family & Community
- \_\_\_\_\_ HIST 1113^ World Civilizations I
- \_\_\_\_\_ HIST 1123^ World Civilizations II
- \_\_\_\_\_ HIST 2003 Hist. Amer. People to 1877
- \_\_\_\_\_ HIST 2013 Hist. of Amer. 1877- present
- \_\_\_\_\_ HIST 2093 Animals in World History
- \_\_\_\_\_ HUMN 1114H Roots Culture 500 C.E.
- \_\_\_\_\_ HUMN 2114H Birth of Modern Culture
- \_\_\_\_\_ INST/PLSC 2813^ Intro Int'l Relations
- \_\_\_\_\_ PLSC 2003 American National Govt.
- \_\_\_\_\_ PLSC 2013 Comparative Politics
- \_\_\_\_\_ PLSC 2203 State and Local Govt.
- \_\_\_\_\_ RESM 2853^ Leisure and Society
- \_\_\_\_\_ SOCI 2013^ General Sociology
- \_\_\_\_\_ SOCI 2033 Social Problems
- \_\_\_\_\_ STEM 2003 Art of STEM Communication

**Exercise Science Core Required (30 hours):**

- \_\_\_\_\_ EXSC 2733 Intro to Exercise Science
- \_\_\_\_\_ EXSC 4783^ Sport & Exercise Psychology
- \_\_\_\_\_ PBHL/EXSC 2663 Terminology for Health Profession
- \_\_\_\_\_ EXSC Elective (3hrs) \_\_\_\_\_
- \_\_\_\_\_ **EXSC 3153** Exercise Physiology  
(Pre-req: Anatomy & Physiology)
- \_\_\_\_\_ **EXSC 3533** Laboratory Techniques  
(Pre/co-req: EXSC 3153)
- \_\_\_\_\_ **EXSC 3353^** Mechanics Human Movemnt  
(Pre-req: Anatomy & Physiology & EXSC major)
- \_\_\_\_\_ EXSC 4323^ Exercise Prescription  
(Pre/co-req. EXSC 3533, pre. EXSC 3153)
- \_\_\_\_\_ EXSC 4833^ Exercise App. Spec. Pops.  
(Pre-reqs: EXSC 3153, 3353, 3533 & 4323)
- \_\_\_\_\_ EXSC 4903 Internship (pre/co-req: EXSC 3533, pre-req: EXSC 3153 & 3353)  
**OR** EXSC 405V Independent Study  
**OR** EXSC 498VH Honors Thesis/Project  
(Pre-req: EXSC 3901H or EXSC 3723H)

Internship (EXSC 4903) website:  
[https://exercisescience.uark.edu/current\\_students](https://exercisescience.uark.edu/current_students).

^ Honors Section available.

**U.S. History /Gov't Core (3 hours) choose one:**

- \_\_\_\_\_ HIST 2003 Hist. of Amer. People to 1877
- \_\_\_\_\_ HIST 2013 Hist. of Amer. 1877 to present
- \_\_\_\_\_ PLSC 2003 American National Government

**Humanities Core (3 hours) choose one:**

- \_\_\_\_\_ Any Inter I Foreign Language (2003)
- \_\_\_\_\_ AAST 2023 The African American Exp.
- \_\_\_\_\_ ANTH 1033 Introduction to Archaeology
- \_\_\_\_\_ ARCH 1013 Diversity and Design
- \_\_\_\_\_ CLST 1003^ Intro to Classical Std: Greece
- \_\_\_\_\_ CLST 1013^ Intro to Classical Std: Rome
- \_\_\_\_\_ COMM 1233^ Media, Comm & Citizenship
- \_\_\_\_\_ DANC 1003 Dance Appreciation
- \_\_\_\_\_ ENGL 1213^ Introduction to Literature
- \_\_\_\_\_ ENGL 2023 Creative Writing I
- \_\_\_\_\_ GNST 2003^ Intro to Gender Studies
- \_\_\_\_\_ HIST 1113^ World Civilization I
- \_\_\_\_\_ HIST 1123^ World Civilization II
- \_\_\_\_\_ HIST 2003 History of Amer. People to 1877
- \_\_\_\_\_ HIST 2013 Hist. of Amer. 1877 to present
- \_\_\_\_\_ HUMN 1124H Equilibrium of Cultures
- \_\_\_\_\_ HUMN 2213 Intro to World Religions
- \_\_\_\_\_ LALS 2013 Latin Amer. & Latino Studies
- \_\_\_\_\_ MRST 2013 Intro Medieval & Renaissance
- \_\_\_\_\_ MUSY 2003^ Music in World Cultures
- \_\_\_\_\_ PHIL 2003^ Introduction to Philosophy
- \_\_\_\_\_ PHIL 2103 Introduction to Ethics
- \_\_\_\_\_ PHIL 2203 Logic
- \_\_\_\_\_ PHIL 2303 Human Nature & Meaning Life
- \_\_\_\_\_ PHIL 3103 Ethics and the Professions
- \_\_\_\_\_ THTR 1003^ Theatre Appreciation
- \_\_\_\_\_ THTR 1013^ Musical Theatre Appreciation
- \_\_\_\_\_ WLIT 1113^ World Lit I: Begin to 1650CE
- \_\_\_\_\_ WLIT 1123^ World Lit II: 1650CE to Pres.

**Related Electives chosen from the following alpha codes (15 hours):** ANSC, ANTH, BIOL, CDIS, CHEM, CHLP, CNED, EXSC, FDSC, HDFS, HESC, HRWD, MATH, NUTR, PBHL, PHED, PHYS, POSC, PSYC, RESM, SCWK, SOCI, SPED, STAT, EXSC 3901H or EXSC 3723H:

**General Electives (7-8 hours):**

**Upper-level degree requirement (40 hours)**  
(Some electives must be 3000/4000 level)

**Students must have 30 hours of upper-level courses from the University of Arkansas to meet Enrollment Requirement.**

**Degree Audit is official record**