

2024-2025 Advising Worksheet
Bachelor of Science in Exercise Science (EXSCBS)

English Core (6 hours):

- _____ ENGL 10103^ Composition I
- _____ ENGL 10203^ Composition II

Math Core (3-4 hours):

- _____ MATH 12003 Plane Trigonometry **OR**
- _____ MATH 13004 Precalculus **OR**
- _____ MATH 24004 Calculus
- (May need pre-requisite: MATH 11003 College Alg./ACT score)

Fine Arts Core (3 hours):

- _____ ARCH 10003^ Architecture Lecture
- _____ ARHS 10003^ Art Lecture
- _____ COMM 10003^ Film Lecture
- _____ DANC 10003 Dance Appreciation
- _____ ENGL 20103 Creative Writing I
- _____ HUMN 211H4^ Birth Modern Culture
- _____ LARC 10003^ American Landscape
- _____ MUSC 10003^ Experiencing Music
- _____ MUSC 10103^ Music and Society
- _____ MUSC 13303 Popular Music
- _____ THTR 10003^ Theatre Appreciation
- _____ THTR 10103^ Musical Theatre App.
- _____ THTR 16803 Acting I
- _____ THTR 18803 Acting Theatre Majors

Science Core (8 hours):

- _____ BIOL 10103 Principles of Biology
- _____ BIOL 10101^ Principles of Biology Lab **OR**
- _____ BIOL 10104 Biology for Majors
- _____ CHEM 14103 University Chemistry I
- _____ CHEM 14101 University Chem. I Lab
- (Pre-req: College Algebra/22 ACT math)

Additional Required Sciences (20 hours):

- _____ **BIOL 24003** Human Anatomy &
- _____ **BIOL 24001** Human Anatomy Lab
- (Pre-req: 4 hours Biology)
- _____ **BIOL 24103** Human Physiology &
- _____ **BIOL 24101** Human Physiology Lab
- (Pre-req: MATH 1103 & CHEM)
- _____ CHEM 14203^ University Chem. II &
- _____ CHEM 14201^ Univ. Chemistry II Lab
- (Pre-req: MATH 1203 & CHEM 1103)
- _____ CHEM 26103 Organic Physio. Chem. &
- _____ CHEM 26101 Org. Physio. Chem. Lab **OR**
- _____ CHEM 36053^ Organic Chemistry I &
- _____ CHEM 36001^ Organic Chemistry I Lab
- (Pre-req: CHEM 14203/14201)
- _____ PHYS 20103 College Physics I (Fa/Su) &
- _____ PHYS 20101 College Physics I Lab
- (Pre-req: MATH 1213/1284/2043/2554)

Additional Non-EXSC Reqmts (12 hours):

- _____ NUTR 12103^ Fundamentals of Nutrition
- _____ SPCH 10003^ Public Speaking
- _____ MATH 21003 Principles of Statistics
- (Pre-req: MATH 11003/11103/26ACT) **OR**
- _____ PSYC 20103 Intro to Stat/PSYC **OR**
- _____ SOCI 33003/33001 Stat Data & Anlys **OR**
- _____ MATH 28233 Biostatistics
- _____ PSYC 30203 Psychopathology

Social Sciences Core (9 hours):

- _____ PSYC 20003^ General Psychology
- And choose two from:**
- _____ AGECE 11003^ Agri Microeconomics
- _____ AGECE 21003^ Agri Macroeconomics
- _____ ANTH 10203^ Cultural Anthropology
- _____ COMM 10203^ Comm Diverse World
- _____ ECON 21003^ Macroeconomics
- _____ ECON 22003^ Microeconomics
- _____ ECON 21403^ Basic Economics
- _____ EDST 20003 Intro to Educational Studies
- _____ GEOG 11103^ Human Geography
- _____ GEOG 21003^ World Regional Geog.
- _____ HDFFS 14003^ Life Span Development
- _____ HDFFS 24103^ Family Relations
- _____ HDFFS 26003^ Rural Fam & Comm
- _____ HIST 11193^ World Civilizations I
- _____ HIST 11293^ World Civilizations II
- _____ HIST 20003 Hist. American Ppl to 1877
- _____ HIST 20103 Hist. American 1877 - pres.
- _____ HIST 20903 Animals in World History
- _____ HUMN 111H4 Roots of Culture
- _____ HUMN 211H4 Birth of Modern Culture
- _____ INST/PLSC 28103^ Intro Int'l Relations
- _____ PLSC 20003 American National Govt.
- _____ PLSC 20103 Comparative Politics
- _____ PLSC 21003 State & Local Government
- _____ RESM 28503^ Leisure and Society
- _____ SOCI 10103^ General Sociology
- _____ SOCI 20103 Social Problems
- _____ STEM 20003 Art of STEM Communication

Exercise Science Core Required (30 hours):

- _____ EXSC 27303 Intro to Exercise Science
- _____ EXSC 47803^ Sport & Exercise Psych
- _____ PBHL/EXSC 26603 Terminology for the Health Professions
- _____ EXSC Elective (3hrs) _____
- _____ **EXSC 31503** Exercise Physiology
- (Pre-req: Anatomy & Physiology)
- _____ **EXSC 35303** Laboratory Techniques
- (Pre/co-req: EXSC 31503)
- _____ **EXSC 33503^** Mechanics Hum Mvmt.
- (Pre-req: Anatomy & Physiology)
- _____ EXSC 43203^ Exercise Prescription
- (Pre/co-req. EXSC 35303, pre. EXSC 31503)
- _____ EXSC 48303^ Exercise Applications of Special Populations
- (Pre-req: EXSC 31503, 33503, 35303 & 43203)
- _____ EXSC 49003 Internship
- (Pre/co-req: EXSC 3533, pre-req: EXSC 31503 /33503) **OR**
- _____ EXSC 4050V Independent Study **OR**
- _____ EXSC 498HV Honors Thesis/Project
- (Pre-req: EXSC 390H1 or EXSC 372H3)

Internship (EXSC 4903) website:
https://exerciscience.uark.edu/current_students.php

^ Honors Section available.

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

- _____ HIST 20003 Hist. of American Ppl - 1877
- _____ HIST 20103 Hist. of American 1877 - pres.
- _____ PLSC 20003 Amer. National Government

Humanities Core (3 hours):

- _____ Any Inter I Foreign Language (20103)
- _____ AAST 20203 African American Experience
- _____ ANTH 10303 Introduction to Archaeology
- _____ ARCH 10103^ Diversity and Design
- _____ CLST 10003^ Intro Classical Studies: Greece
- _____ CLST 10103^ Intro Classical Studies: Rome
- _____ COMM 12303^ Media, Comm & Citizenship
- _____ DANC 10003 Dance Appreciation
- _____ DASC 21303 Data Privacy & Ethics
- _____ ENGL 11103^ World Lit I: Begin - 1650
- _____ ENGL 11203^ World Lit II: 1650-Present
- _____ ENGL 12103^ Introduction to Literature
- _____ ENGL 20103 Creative Writing I
- _____ GNST 10003^ Intro to Gender Studies
- _____ HIST 11193^ World Civilizations I
- _____ HIST 11293^ World Civilizations II
- _____ HIST 20003 Hist American People to 1877
- _____ HIST 20103 Hist American 1877 to Present
- _____ HUMN 112H4 Equilibrium Cultures
- _____ HUMN 22103 Intro World Religions
- _____ LALS 20103 Latin Amer & Latino Studies
- _____ MRST 20103 Intro Medieval & Renaiss.
- _____ MUSY 20003^ Music in World Cultures
- _____ PHIL 20003^ Introduction to Philosophy
- _____ PHIL 21003 Introduction to Ethics
- _____ PHIL 22003 Logic
- _____ PHIL 23003 Human Nature & Meaning Life
- _____ PHIL 31003 Ethics & the Professions
- _____ THTR 10003^ Theatre Appreciation
- _____ THTR 10103^ Musical Theatre App.

Related Electives chosen from the following alpha

codes (15 hours): ANSC, ANTH, ATTR, BIOL, CDIS, CHEM, CHLP, CNED, EXSC, FDSC, HDFFS, HESC, HRDE, MATH, NUTR, PBHL, PHED, PHYS, POSC, PSYC, RESM, SCWK, SOCI, SPED, STAT, EXSC 390H1 or EXSC 372H3:

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General Electives (7-8 hours):

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Upper-level degree requirement (40 hours)

(9-13hrs of electives must be 30000/40000 level)

Students must have 30 hours of upper-level courses from the UA to meet Graduation Requirement. Degree Audit is official record.

