



2025-2026 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 I
(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 **OR**
(Pre-req: College Algebra/22 ACT math)
_____ CHEM 12073 Chemistry for Majors I
_____ CHEM 12071 Chemistry for Majors I Lab

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 11003 & CHEM)
_____ CHEM 14203^ University Chem. II &
_____ CHEM 14201^ Univ. Chemistry II Lab **OR**
(Pre-req: MATH 11003 & CHEM 14103)
_____ CHEM 12283 Chemistry for Majors II
_____ CHEM 12281 Chemistry for Majors II Lab
_____ CHEM 26103 Organic Physio. Chem. &
_____ CHEM 26101 Org. Physio. Chem. Lab **OR**
_____ CHEM 36053^ Organic Chemistry I &
_____ CHEM 36051^ Organic Chemistry I Lab **OR**
(Pre-req: CHEM 14203/14201)
_____ CHEM 37073^ Org. Chem. I for Majors &
_____ CHEM 37072^ Org. Chem. I for Majors Lab
_____ PHYS 20103 College Physics I (Fa/Su) &
_____ PHYS 20101 College Physics I Lab
(Pre-req: MATH 12003/13004/22003/24004)

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**
_____ STAT 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.
_____ HDFS 14003^ Life Span Development
_____ HDFS 24103^ Family Relations
_____ HDFS 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 20103 Intro to International/Global Studies
_____ INST 211H4 Pathways to Global Social Change
_____ JOUR 10203 Media & Society
_____ PLSC 20003 American National Government
_____ PLSC 20103 Comparative Politics
_____ PLSC 21003 State & Local Government
_____ PLSC 28103^ Intro to International Relations
_____ 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
(Pre-req: PSYC 20003)
_____ PBHL/EXSC 26603 Terminology for
the Health Professions
_____ EXSC Elective (3hrs) _____ **OR**
_____ ATTR 53103/53101 Clin. Anat. for Ath. Training
_____ 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 35303, pre-req: EXSC 31503
/33503) **OR**
_____ EXSC 4050V Independent Study **OR**
_____ EXSC 498HV Honors Thesis/Project **OR**
(Pre-req: EXSC 390H1 or EXSC 372H3)
_____ ATTR 51303 Core Comp. & Clinical Care I

Internship (EXSC 49003) website:

<https://exercisescience.uark.edu/bs-exercise-science/internships.php>

^ Honors Section available.

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

- _____ HIST 20003 Hist. of American People - 1877
_____ HIST 20103 Hist. of American People 1877 – pres
_____ PLSC 20003 American 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 20003^ Intro to Gender Studies
_____ 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, HDFS, HESC, HRDE, MATH, NUTR, PBHL, PHED, PHYS, POSC, PSYC, RESM, SCWK, SOCI, SPED, STAT, EXSC 390H1 or EXSC 372H3:

General Electives (7-8 hours):

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. Academic Progress is official record.

NOTES: