

2022-2023 Advising Worksheet
Bachelor of Science in Exercise Science (EXSCBS)

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 Lecture
- _____ THTR 1013^ Musical Theatre Apprec.

Math Core (3-4 hours) choose one:

- _____ MATH 1213 Plane Trigonometry **OR**
- _____ MATH 1284C Precalculus **OR**
- _____ MATH 2554 Calculus (prerequisite may be required: MATH 1203 College Alg./ACT score)

U.S. History /Govt. Core (3 hours) choose one:

- _____ HIST 2003 U.S. History to 1877
- _____ HIST 2013 U.S. History 1877 – Present
- _____ PLSC 2003 American Nat'l Government

Science Core (8 hours):

- _____ BIOL 1543 Principles of Biology
- _____ BIOL 1541L^ Principles of Bio 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
(Prereq: 4 hrs BIOL)
- _____ **BIOL 2213** Human Physiology &
- _____ **BIOL 2211L** Human Physiology Lab
(Prereq: MATH 1203 & CHEM)
- _____ CHEM 1123^ University Chem. II &
- _____ CHEM 1121L^ Univ. Chem. II Lab
(Prereq: 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
(Prereq: CHEM 1123/1121L)
- _____ PHYS 2013 College Physics I (Fa/Su) &
- _____ PHYS 2011L College Physics I Lab
(Prereq: MATH 1213, 1284C or higher)

Additional Non-EXSC Requirements (15 hours):

- _____ NUTR 1213^ Fundamentals of Nutrition
- _____ COMM 1313^ Public Speaking (Sp/Su)
- _____ STAT 2303 Principles of Stats **OR**
- _____ PSYC 2013 Intro to Stat/PSYC **OR**
- _____ SOCI 3303 Social Data & Analysis **OR**
- _____ STAT 2823 Biostatistics
- _____ PBHL 2663/EXSC 2663 Term Health Prof
- _____ 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 Fam & Community
- _____ HIST 1113^ World Civ. I
- _____ HIST 1123^ World Civ. II
- _____ HIST 2003 U.S History to 1877
- _____ HIST 2013 U.S. History 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 Comm.

Exercise Science Core Required (27 hours):

- _____ EXSC 2733 Introduction to EXSC
- _____ EXSC 4783^ Sport & Exercise Psych
- _____ **EXSC 3153***# Exercise Physiology
- _____ **EXSC 3533***# Laboratory Techniques
(pre/co-req: EXSC 3153)
- _____ **EXSC 3353***^Mechanics Human Mvmt
- _____ EXSC 4323^ Exercise Prescription
(pre/co-req. EXSC 3533, pre-req. EXSC 3153)
- _____ EXSC 4773^ Performance & Drugs
(pre-req: 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, EXSC 3353) **OR**
- _____ KINS 405V Independent Study **OR**
- _____ KINS 498VH Honors Thesis/Project
(pre-req: KINS 3901H or EXSC 3723H)

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

* Students must earn a grade of "C" or better in this course.
Require BIOL 2443/2441L BIOL 2213/2211L as prerequisite.
^ Honors Section available.

English Core (6 hours):

- _____ ENGL 1013^ Composition I
- _____ ENGL 1023^ Composition II

Humanities Core (3 hours) choose one:

- _____ Any Inter I Foreign Language (2003)
- _____ AAST 2023 The African American Exp.
- _____ ANTH 1033 Intro 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^ Intro to Literature
- _____ ENGL 2023 Creative Writing I
- _____ GNST 2003^ Intro to Gender Studies
- _____ HIST 1113^ World Civ. I
- _____ HIST 1123^ World Civ. II
- _____ HIST 2003 U.S. History to 1877
- _____ HIST 2013 U.S. History 1877 – 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^ Intro to Philosophy
- _____ PHIL 2103 Intro 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
- _____ WLIT 1123^ World Lit II

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, KINS 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