

Office of Academic Student Initiatives and Services (OASIS)
Department of Health, Human Performance & Recreation
2020-2021 Exercise Science Bachelor of Science (EXSCBS) - 120 hours
Unofficial Worksheet



- Fine Arts Core (3 hours) choose one:**
- _____ ARCH 1003 Architecture Lecture
 - _____ ARHS 1003 Art Lecture
 - _____ COMM 1003 Film Lecture
 - _____ DANC 1003 Movement and Dance
 - _____ ENGL 2023 Creative Writing I
 - _____ 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 Appreciation

- Math Core (3-4 hours):**
- _____ MATH 1213 Plane Trigonometry **OR**
 - _____ MATH 1284C Precalculus Math **OR**
 - _____ MATH 2554 Calculus
(pre-req MATH 1203 or ACT score)

- Science Core (8 hours):**
- _____ BIOL 1543 Principles of Biology
 - _____ BIOL 1541L Prin. of BIOL Lab **OR**
 - _____ BIOL 1584 Biology for Majors
 - _____ CHEM 1103 Univ. Chemistry I
 - _____ CHEM 1101L CHEM I Lab **OR**
 - _____ CHEM 1213 Chem. for Majors I
 - _____ CHEM 1211L Chem. for Majors I Lab

- Additional Required Sciences (20-21 hrs):**
- _____ BIOL 2443 Human Anatomy &
 - _____ BIOL 2441L Human Anatomy Lab
 - _____ BIOL 2213 Human Physiology &
 - _____ BIOL 2211L Human Phys. Lab
 - _____ CHEM 1123 University Chem. II &
 - _____ CHEM 1121L Univ. Chem. II Lab **OR**
 - _____ CHEM 1223 Chem. for Majors II &
 - _____ CHEM 1221L Chem. for Majors II Lab
 - _____ CHEM 2613 Organic Phys. Chem. &
 - _____ CHEM 2611L Org. Phys. Chem. Lab **OR**
 - _____ CHEM 3603 Organic Chemistry I &
 - _____ CHEM 3601L Organic Chem. I Lab **OR**
 - _____ CHEM 3703/3702L Org. Chem I major.
 - _____ PHYS 2013 College Physics I (FA/SU) &
 - _____ PHYS 2011L College Physics I Lab

- Additional Non-EXSC Requirements (15 hrs):**
- _____ NUTR 1213 Fund. of Nutrition
 - _____ COMM 1313 Public Speaking
 - _____ STAT 2303 Prin. of Stats **OR**
 - _____ PSYC 2013 Intro to Stat/PSYC **OR**
 - _____ SOCI 3303 Social Data & Analysis **OR**
 - _____ STAT 2023 Biostatistics
 - _____ PBHL 2663 Term. for the Health Professions
 - _____ 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 Communication in a Diverse World
 - _____ ECON 2013 Macroeconomics
 - _____ ECON 2023 Microeconomics
 - _____ ECON 2143 Basic Economics
 - _____ 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 since 1877
 - _____ HIST 2093 Animals in World History
 - _____ HUMN 1114H Roots of Culture to 500 C.E.
 - _____ HUMN 2114H Birth of Modern Culture
 - _____ 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

- Exercise Science Core Required (27 hours):**
- _____ EXSC 2733 Introduction to EXSC
 - _____ **EXSC 3153****^Exercise Physiology
 - _____ **EXSC 3353****^Mech. Human Movement
 - _____ **EXSC 3533****^Laboratory Techniques
 - _____ EXSC 4323# Exercise Prescription (pre/co-req. EXSC 3533, pre-req. EXSC 3153, 3353)
 - _____ EXSC 4773# Performance & Drugs (pre-req. EXSC 3153)
 - _____ EXSC 4783# Sport & Exercise Psych.
 - _____ EXSC 4833# Exercise App. For Sp. Pops (pre-req. EXSC 3153, EXSC 3353, EXSC 3533)
 - _____ EXSC 4903 Internship (pre or co req EXSC 3533, pre-req. senior standing, EXSC 3153, EXSC 3353) **OR**
 - _____ KINS 405V Independent Study **OR**
 - _____ KINS 498VH# Kinesiology Honors Thesis Project (pre-req. KINS 3901H Thesis Tutorial and only available if completing Honors Program)
- * 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

- U.S. History /Govt. Core (3 hours) choose one:**
- _____ HIST 2003 U.S. History to 1877
 - _____ HIST 2013 U.S. History since 1877
 - _____ PLSC 2003 American National Government

- Humanities Core (3 hours) choose one:**
- _____ Any Inter I Foreign Language (2003)
 - _____ AAST 2023 The African American Experience
 - _____ ARCH 1013 Diversity and Design
 - _____ CLST 1003 Intro to Classical Studies: Greece
 - _____ CLST 1013 Intro to Classical Studies: Rome
 - _____ COMM 1233 Media, Community & Citizen
 - _____ ENGL 1213 Intro to Literature
 - _____ GNST 2003 Intro to Gender Studies
 - _____ HUMN 1124H Equilibrium of Cultures
 - _____ HUMN 2124H 20th Century Global Culture
 - _____ 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 3103 Ethics and the Professions
 - _____ WLIT 1113 World Lit I
 - _____ WLIT 1123 World Lit II

Electives: (To meet the 40 hour upper level requirement some of these must be 3000/4000 level)

- Related Electives chosen from (15 hours) the following alpha codes:** ANSC, ANTH, BIOL, CDIS, CHEM, CHLP, CNED, EXSC, FDSC, HDFS, HESC, HRWD, MATH, NUTR, PBHL, PHED, PHYS, POSC, PSYC, RESM, SCWK, SOCI, SPED, STAT, ENGL 3053, KINS 3901#:
- _____
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- General Electives (6-8 hours):**
- _____
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Students must have 40 hours of 3000/4000 level classes to meet degree requirements, of which 30 hours need to be from the University of Arkansas to meet the Enrollment Requirement.