

Exercise Science B.S.

Exercise Science B.S. Eight-Semester Degree Program

Students wishing to follow the eight-semester degree plan in Kinesiology should see the Eight-Semester Degree Policy (<http://catalog.uark.edu/undergraduatecatalog/academicregulations/eightsemesterdegreecompletionpolicy/>) for university requirements of the program. Students must have 40 hours of 3000/4000-level classes to graduate. Find out more about the state minimum core (<http://catalog.uark.edu/undergraduatecatalog/gened/stateminimum/>) requirements.

First Year	Units	
	Fall	Spring
ENGL 10103 Composition I (ACTS Equivalency = ENGL 1013) (Satisfies General Education Outcome 1.1)	3	
Choose from (Satisfies General Education Outcome 3.4): ¹		
CHEM 14103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) & CHEM 14101 University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab) or CHEM 12073 and CHEM 12071	4	
Choose from (Satisfies General Education Outcome 2.1 if MATH is taken): ¹	3	
General Elective (recommend MATH 1203 if appropriate)		
MATH 12003 Plane Trigonometry (ACTS Equivalency = MATH 1203) or MATH 13004 Precalculus Mathematics (ACTS Equivalency = MATH 1305) or MATH 24004 Calculus I (ACTS Equivalency = MATH 2405)		
Fine Arts or Humanities State Minimum Core (Satisfies General Education Outcome 3.1 or 3.2) ¹	3	
Satisfies General Education Outcome 3.4:		
BIOL 10103 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture) & BIOL 10101 Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab) or BIOL 10104 Biology for Majors (ACTS Equivalency = BIOL 1014 Lecture)	4	
ENGL 10203 Composition II (ACTS Equivalency = ENGL 1023) (Satisfies General Education Outcome 1.1)	3	
Fine Arts or Humanities State Minimum Core (Satisfies General Education Outcome 3.1 or 3.2) ¹	3	
CHEM 14203 University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture) & CHEM 14201 University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab) or CHEM 12283 and CHEM 12281	4	
Choose from:	3	
General Elective (if math requirement met excluding MATH 21003)		

MATH 12003 Plane Trigonometry (ACTS Equivalency = MATH 1203)
or MATH 13004 Precalculus Mathematics (ACTS Equivalency = MATH 1305)
or MATH 24004 Calculus I (ACTS Equivalency = MATH 2405)

SPCH 10003 Public Speaking (ACTS Equivalency = SPCH 1003) (Satisfies General Education Outcomes 1.2 and 5.1)	3
Year Total:	17 16

Second Year	Units	
	Fall	Spring
EXSC 27303 Introduction to Exercise Science (Satisfies General Education Outcome 4.1)	3	
NUTR 12103 Fundamentals of Nutrition	3	
Choose from (Satisfies General Education Outcome 4.2):		
HIST 20003 History of the American People to 1877 (ACTS Equivalency = HIST 2113) or HIST 20103 History of the American People, 1877 to Present (ACTS Equivalency = HIST 2123) or PLSC 20003 American National Government (ACTS Equivalency = PLSC 2003)	3	
EXSC 26603 Terminology for the Health Professions ²	3	
BIOL 24003 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) & BIOL 24001 Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)	4	
PSYC 20003 General Psychology (ACTS Equivalency = PSYC 1103) (Satisfies General Education Outcome 3.3)		3
MATH 21003 Principles of Statistics (ACTS Equivalency = MATH 2103) or PSYC 20103 Introduction to Statistics for Psychologists or STAT 28233 Biostatistics		3
BIOL 24103 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) & BIOL 24101 Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)		4
General Elective		2
Social Sciences State Minimum Core (Satisfies General Education Outcome 3.3) ¹		3
Year Total:	16	15

Third Year	Units	
	Fall	Spring
PHYS 20103 College Physics I (ACTS Equivalency = PHYS 2014 Lecture) & PHYS 20101 College Physics I Laboratory (ACTS Equivalency = PHYS 2014 Lab)	4	
EXSC 31503 Exercise Physiology	3	
EXSC 33503 Mechanics of Human Movement	3	
General Elective	3	
Related Elective	3	

EXSC 35303 Laboratory Techniques	3
CHEM 26103 Organic Physiological Chemistry (ACTS Equivalency = CHEM 1224 Lecture) & CHEM 26101 Organic Physiological Chemistry Laboratory (ACTS Equivalency = CHEM 1224 Lab)	4
or CHEM 36053 and CHEM 36051	
Related Elective	3
EXSC 43203 Exercise Prescription	3
EXSC Elective	3
Year Total:	16 16

Fourth Year	Units	
	Fall	Spring
EXSC 48303 Exercise Applications for Special Populations or EXSC 483H3 Honors Exercise Applications for Special Populations	3	
Social Sciences State Minimum Core (Satisfies General Education Outcome 3.3) ¹	3	
EXSC 47803 Sport and Exercise Psychology	3	
PSYC 30203 Psychopathology	3	
EXSC 49003 Internship in Exercise Science (Satisfies General Education Outcome 6.1) ^{1, 3} or EXSC 4050V Independent Study or EXSC 498HV Exercise Science Honors Thesis/ Project		3
Related Elective		9
Year Total:	12	12
Total Units in Sequence:	120	

¹ Students must complete the State Minimum Core requirements (<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnextcatalog.uark.edu%2Fundergraduatecatalog%2Fgened%2Fstateminimum%2F&data=02%7C01%7Cagriffin%40uark.edu%7Ce4e632415f9b49eda9bf08d7f5c20b91%7C79c742c4e61c4fa5be89a3cb566a80d1%7C0%7C0%7C637248086069611524&sdata=4bJ2Oob83N8KfTkGD%2F1XG8924jwOx8pTlw8lWNAGp0s%3D&reserved=0>) as outlined in the Catalog of Studies. The courses that meet the state minimum core also fulfill many of the university's General Education requirements (<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnextcatalog.uark.edu%2Fundergraduatecatalog%2Fgened%2Fgeneraleducation%2F&data=02%7C01%7Cagriffin%40uark.edu%7Ce4e632415f9b49eda9bf08d7f5c20b91%7C79c742c4e61c4fa5be89a3cb566a80d1%7C0%7C0%7C637248086069621479&sdata=QptR3u0pvU0Z%2BDWRVEfAqIMsYNX4KXEgX2JdEJJY7Go%3D&reserved=0>), although there are additional considerations to satisfy the general education learning outcomes. Students are encouraged to consult with their academic advisor when making course selections.

² EXSC 26603 is cross-listed with PBHL 26603.

³ Use of EXSC 498HV only for students completing the College of Education and Health Professions Honors Program.