

Bachelor of Science in Health and Physical Education- Wellness and Fitness - 8-Semester Guaranteed Program

This map is a term-by-term sample course schedule. The milestones listed to the right of each term are designed to keep you on course to graduate in four years. The Sample Schedule serves as a general guideline to help you build a full schedule each term. See course descriptions and prerequisites at <http://www.atu.edu/academics/catalog/>.

Employment Information: Aerobic Instructor, Athletes' Business Manager, Athletic Trainer, Exercise Physiologist, Professional Sports Scout

#Remedial Courses (if applicable): ENGL 0303 _____ ENGL 0404 _____ READ 0103 _____ MATH 0903 _____

Semester 1 Course Information			Hrs.	Grade	Notes	Semester 5 Course Information			Hrs.	Grade	Notes
ENGL 1013 - Composition I (ACTS = ENGL 1013)	3	#				AHS 2013 - Medical Terminology			3		
MATH 1113 - College Algebra (ACTS = MATH 1103) OR higher	3	#				MGMT 3003 - Management and Organizational Behavior			3		54 Ehrs, GPA 2.0+, ECON 2003
BIOL 1014 - Intro to Biological Science (ACTS = BIOL 1004)	4	#			Milestone	PE 3573 - Prevention and Care of Athletic Injuries			3	#	Prerequisites: PE 2653, PE 3663
HLED 1513 - Personal Health and Wellness (ACTS = HEAL 1003)	3	#				PE 4033 - Basic Exercise Physiology			3	#	Prereqs: PE 2653, PE 3663, PE 3661
PE 1201 - Orientation to Health, PE, and Wellness Science	1	#			No substitutions allowed.	*WS 2043 - Applied Fitness Assessment and Development (Offered Fall Only)			3	#	Prereq: Level 2, PE 2653, PE 3663
General Elective	1					*WS 2091 - Directing Fitness Walking/Jogging Programs			1	#	Level 2 Course
Total hours	15	GPA				Total hours			16	GPA	
Semester 2 Course Information			Hrs.		Notes	Semester 6 Course Information			Hrs.		Notes
ENGL 1023 - Composition II (ACTS = ENGL 1023)	3	#				HLED 3203 - Consumer Health Programs			3	#	
Social Science	3					PE 4103 - Principles and Methods of Adapted PE			3	#	
Physical Science with Lab	4					*WS 2081 - Directing Muscle Fitness Programs			1	#	Level 2 Course
SPH 2173 - Business and Professional Speaking	3	#			No substitutions allowed.	*WS 3003 - Exercise Prescription (Offered Spring Only)			3	#	Prereqs: Level 2, WS 2043
WS 1002 - Physical Wellness and Fitness	2	#				*WS 3023 - Exercise Behavior and Adherence (Offered Spring Only)			3	#	Prerequisites: Level 2
Total hours	15	GPA							16	GPA	APPLY FOR GRADUATION
Semester 3 Course Information			Hrs.		Notes	Semester 7 Course Information			Hrs.		Notes
US History and Government	3				HIST 1903 Preferred	HLED 4403 - Nutrition and Physical Fitness			3	#	Prerequisite: PE 2653
COMS 1003 - Intro to Comp Based Systems (ACTS = CPSI 1003)	3				BUAD 2003 or other equivalent	MKT 3043 - Principles of Marketing			3		Prereq: 54 Ehrs, GPA 2.0+, ECON 2003
PE 2513 - First Aid	3	#				WS 4013 - Wellness Science Practicum			3	#	Prereqs: WS 2031, WS 2043, WS 3003
PE 2653 - Anatomy and Physiology	3	#			Prerequisite: BIOL1014	WS 4023 - Principles of Strength and Conditioning (Offered Fall Only)			3	#	Prereqs: PE 2653, PE 3661
*WS 2003 - Field-Based Experience in Wellness (Offered Fall Only)	3	#			Level 2 Course	*WS 4063 - Wellness and Fitness Programming (Offered Fall Only)			3	#	Level 2 Course
*WS 2031 - Directing Food, Exercise, and Body Comp Programs	1	#				General Elective			1		
Total hours	16	GPA				Total hours			16	GPA	APPLY FOR INTERNSHIP
Semester 4 Course Information			Hrs.		Notes	Semester 8 Course Information			Hrs.		Notes
Fine Arts & Humanities	3				ART 2123 Preferred	WS 4012 - Wellness and Fitness Program Management Internship			12	#	Prereqs: Admission to Internship and 2.0 GPA
Fine Arts & Humanities	3										Level 3 requires completion of all WS, PE and HLED content area courses with grade of C or better 2.0 GPA.
ECON 2003 - Principles of Economics I (ACTS = ECON 2103)	3										
PE 2861 - Rhythmic Aerobic Activities	1	#									
PE 3661 - Lab Experiences in Anatomy/Physiology and Kinesiology	1	#			Prerequisite: PE 2653						
PE 3663 - Kinesiology	3	#			Prerequisite: PE 2653						
Total hours	14	GPA			Total Hours				12	GPA	Graduation Requirements: 120 earned hours
# indicates a "C" or better is required						General Electives: 2 hours (1000-4000)					
*Level 2 Courses require completion of: PE 1201, WS 1002, ENGL 1013, ENGL 1023, MATH 1113, BIOL 1014, and SPH 2173 with a C or better											

The Arkansas Course Transfer System (ACTS) is designed to assist in planning the academic progress of students. This system contains information about the transferability of courses within Arkansas public colleges and universities. The Arkansas Course Transfer System can be accessed at <http://acts.adhe.edu/>

Fine Arts and Humanities	U.S. History & Government	Social Sciences
ART 2123 - Experiencing Art (ACTS = ARTA 1003)	HIST 1903 - Survey of American History	ECON 2013 - Princ of Economics II (ACTS = ECON 2203)
MUS 2003 - Introduction to Music (ACTS = MUSC 1003)	HIST 2003 - U.S. History to 1877 (ACTS = HIST 2113)	SOC 1003 - Introductory Sociology (ACTS = SOCI 1013)
TH 2273 - Introduction to Theatre (ACTS = DRAM 1003)	HIST 2043 - Honors U.S. History to 1877	PSY 2003 - General Psychology (ACTS = PSYC 1103)
ENGL 2173 - Introduction to Film	HIST 2013 - U.S. History II (ACTS = HIST 2123)	HIST 2003 - U.S. History to 1877 (ACTS = HIST 2113)
JOUR 2173 - Introduction to Film	POLS 2003 - American Government (ACTS = PLSC 2003)	ANTH 1213 - Intro to Anthropology (ACTS = ANTH 1013)
ENGL 2003 - Intro to World Literature (ACTS = ENGL2113)	Science with Lab	HIST 2013 - U.S. History since 1877 (ACTS = HIST 2123)
ENGL 2013 - Intro to American Literature (ACTS = ENGL 2653)	BIOL 1014 - Intro to Biological Science (ACTS = BIOL 1004)	ANTH 2003 - Cultural Anthropology (ACTS = ANTH 2013)
ENGL 2023 - Honors World Literature	BIOL/PHSC 1004 - Principles of Environmental Science	HIST 2043 - Honors U.S. History to 1877
PHIL 2003 - Introduction to Philosophy (ACTS = PHIL 1103)	GEOL 1014 - Physical Geology (ACTS = GEOL 1114)	GEOG 2013 - Regional Geography (ACTS = GEOG 2103)
PHIL 2043 - Honors Introduction to Philosophy	PHSC 1013/1021 - Physical Sci/Lab (ACTS = PHSC 1004)	AMST 2003 - American Studies
		AMST 2003 - Honors American Studies
		Speech Courses
		ECON 2003 - Princ of Economics I (ACTS = ECON 2103)
		SPH 1003 - Intro to Speech Com (ACTS = SPCH 1003)
		SPH 2003 - Public Speaking
		SPH 2173 - Business and Professional Speaking