

**Arkansas State University-Jonesboro**  
**Degree: Bachelor of Science**  
**Major: Exercise Science**  
**Year: 2022-2023**

Students requiring developmental course work based on low entrance exam scores (ACT, SAT, ASSET, COMPASS) may not be able to complete this program of study in eight (8) semesters. Developmental courses do not count toward total degree hours. **Students having completed college level courses prior to enrollment will be assisted by their advisor in making appropriate substitutions. In most cases, general education courses may be interchanged between semesters.** A minimum of 45 hours of upper division credit (3000-4000 level) is required for this degree.

Year 1				Year 1			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs	Gen Ed	Course No.	Course Name	Hrs	Gen Ed
ENG 1003	Eng. Composition I	3	X	ENG 1013	Eng. Composition II	3	X
COMS 1203	Oral Communication	3	X	BIO 2221	Human Anatomy & Physiology Lab II	1	
MATH 1023	College Algebra	3	X	BIO 2223	Human Anatomy & Physiology II	3	
HPES 1013	Intro to HPES	3	FYE	PE 1002	Concepts of Fitness	2	
BIO 2201	Human Anatomy & Physiology I Lab	1	X	ENG 2003, ENG 2013, or PHIL 1103	World Lit to 1600, World Lit since 1600, or Intro to Philosophy	3	X
BIO 2203	Human Anatomy & Physiology I	3	X		Elective	3	
<b>Total Hours</b>		16		<b>Total Hours</b>		15	
Year 2				Year 2			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs	Gen Ed	Course No.	Course Name	Hrs	Gen Ed
PSY 2013	Intro to Psychology	3	X	ANTH 2233, ECON 2313, ECON 2333, GEOG 2613, HIST 1013, HIST 1023, CMAC 1003, POSC 1003, or SOC 2213	Intro to Anthropology, Prin of Macroeconomics, Econ Issues & Concepts, Intro to Geography, World Civ to 1660, World Civ since 1660, mass Communications, Intro to Politics, Intro to Sociology	3	X
HIST 2763, HIST 2773, or POSC 2103	US History to 1876, US History since 1876, or Intro to US Government	3	X	ART 2503, MUS 2503, or THEA 2503	Fine Arts Visual, Fine Arts Musical, or Fine Arts Theater	3	X
CHEM 1041	Fundamental Concepts of Chemistry Lab	1	X	CS 1013	Introduction to Computers	3	
CHEM 1043	Fundamental Concepts of Chemistry	3	X	PE 1111	Physical Conditioning	1	
	Elective	3			Elective	3	
<b>Total Hours</b>		13		<b>Total Hours</b>		13	
Year 3				Year 3			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs	Gen Ed	Course No.	Course Name	Hrs	Gen Ed
ES 3543	Anatomic Fundamentals of Motion	3		ES 3623	Techniques of Physiological Fitness Assessment	3	
ES 3553	Basic Physiology of Activity	3		ES 3633	Nutrition for Health, Sport, and Exercise	3	
ES 3653	Techniques of Aerobic Conditioning	3		ES 3713	Cardiovascular Physiology	3	
ES 3743	Research & Statistical Methods in Exercise Science	3		ES 4693	Techniques of Strength Training & Conditioning	3	
HLTH 2523	First Aid & Safety	3		PE 4853	Applied Psychology of Sports & Exercise	3	
<b>Total Hours</b>		15		<b>Total Hours</b>		15	
Year 4				Year 4			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs	Gen Ed	Course No.	Course Name	Hrs	Gen Ed
ES 4683	Exercise Prescription and Fitness Programming	3		ES 4673	Fitness Programming for Special Populations	3	
ES 4813	Applied Motor Learning	3		ES 4843	Preinternship	3	
ES 4763	Kinesiology	3		HLTH 4543	Drug Use & Abuse	3	
ES 4663	Workplace Wellness	3		ES 4773	Biomechanics of Human Motion	3	
	Elective	3					
<b>Total Hours</b>		15		<b>Total Hours</b>		12	
Summer 1 Semester				Summer 2 Semester			
Course No.	Course Name	Hrs	Gen Ed	Course No.	Course Name	Hrs	Gen Ed
HPES 4863	Internship in HPES I	3		HPES 4893	Internship in HPES II	3	
<b>Total Hours</b>		3		<b>Total Hours</b>		3	

<b>Total Jr/Sr Hours</b>	<b>57</b>	<b>Total Degree Hours</b>	<b>120</b>
<b>Graduation Requirements:</b> <b>2.00 GPA at ASU</b> <b>2.00 GPA Overall</b> <b>Maximum of 31 credit hours via correspondence, extension, examination, PLA, Military or similar means; CLEP (30 hours max)</b> <b>45 JR/SR hours after completing 30 hours</b> <b>120 Total credit hours</b> <b>18 of last 24 hours must be ASU-J Campus</b> <b>Minimum of 57 hours from 4-year institutions</b> <b>32 Resident hours if completing second degree and first degree was not from ASU-J</b> <b>C or better in ENG 1003, ENG 1013, CHEM 1043, CHEM 1041, MATH 1023, HPES 1013, BIO 2201, BIO 2203, BIO 2221, BIO 2223, and all Major Requirements (ES, HLTH, PE courses)</b>			