



2+2 Degree Plan Checklist

Associate of Science in STEM to Bachelor of Science Exercise Science



National Park College

Associate of Science in Liberal Arts & Sciences

General Education Requirements (38 Credit Hours)

English/	Communication	(9 credit hours)	UAM	Semester	Hours	Grade
ENG	1113	English Composition I	ENGL 10103		3	
ENG	1123	English Composition II	ENGL 10203		3	
SPCH	1103	Fundamentals of Public Speaking	COMM 10003		3	

Mathematics	(3 credit hours)		UAM	Semester	Hours	Grade
MATH	1213	Math Reasoning	MATH 11003		3	
MATH	1123	College Algebra	MATH 11103			

Fine Arts	and	Humanities (6 credit hours)	UAM	Semester	Hours	Grade
ART	1593	Art Appreciation <i>or</i>	ARHS 10003		3	
MUS	1213	Music Appreciation	MUSC 10003			
ENG	2273	World Literature I <i>or</i>	ENGL 21103		3	
ENG	2283	World Literature II	ENGL 21203			

Social	Science	(9 credit hours)	UAM	Semester	Hours	Grade
HIST	2223	United States History To 1865 <i>or</i>	HIST 22103		3	
HIST	2233	United States History Since 1865	HIST 21203			
POLS	1113	American National Government	PSCI 20003			
PSYC	1103	General Psychology	PSYC 11003		3	
SOC	1103	Introduction to Sociology	SOCI 10103		3	

Computer	Literacy	(3 credit hours)	UAM	Semester	Hours	Grade
CIS	1023	Introduction to Computing	CPSI 10003		3	

Lab	Sciences	(8 credit hours)	UAM	Semester	Hours	Grade
BIOL	1024	Biology for Non-Majors	BIOL 10043/10031		4	
BIOL	1114	Biology for Majors	BIOL 20533/10031			
CHEM	1104	Chemistry for Non-Majors	CHEM 10003/10001		4	
CHEM	1204	Chemistry I for Majors	CHEM 14043/14031			

Exercise Science Core (23 Credit Hours)

Exercise Science	(25 credit hours)	UAM	Semester	Hours	Grade
BIOL	2224	Anatomy & Physiology I	BIOL 24043/24031	4	
BIOL	2234	Anatomy & Physiology II	BIOL 24143/24131	4	
PE	1113	Health and Safety	PHED 22043	3	
PE	1102	Life Fitness Concepts	EXSC 10102	2	
MATH	2113	Introduction to Statistics	PSYC 22083	3	
PE	1111	Weight Training	PHED 10141	1	
PE	1533	Introduction to Athletic Training	Elective	3	
BUS	2043	Sports Marketing	Elective	3	
PE	1543	Introduction to Coaching Methods			

NPC Required Courses	(0 credit hours)	UAM	Semester	Hours	Grade
ORT	1000	Student LMS Orientation	N/A	0	
ORT	1100	NPC Orientation	N/A	0	

Total NPC Credit Hours: 61



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Associate of Science in STEM to Bachelor of Science Exercise Science



University of Arkansas - Monticello

Bachelor of Science Exercise Science

UAM Courses (59 credit hours)

Major Requirements (44 hours)			Semester	Hours	Grade
EXCS	10002	Introduction to Exercise Science		2	
EXSC	34803	Sport Entrepreneurship		3	
EXSC	33203	Strength and Conditioning		3	
EXSC	45003	Exercise Prescription		3	
EXSC	45103	Exercise Certification Preparation		3	
EXSC	45203	Geriatric/Therapeutic Internship		3	
EXSC	45303	Sports Psychology		3	
EXSC	46803	Methods and Technology for Exercise Science		3	
EXSC	44001	Anatomical Kinesiology Laboratory		1	
EXSC	46433	Anatomical Kinesiology		3	
EXSC	44033	Pharmacology and Exercise Performance		3	
EXSC	47833	Research Methods for Exercise Science		3	
PHED	11341	Fitness through Aerobic Dance		1	
PHED	34642	Exercise Physiology Laboratory		1	
PHED	35243	Exercise Physiology		3	
PHED	47143	Sport Administration		3	
PHED	22743	First Aid and CPR		3	
PHED	21143	Nutrition		3	
PSYC	21003	Developmental Psychology		3	
		Electives (1000 – 4000 level)		6	
		Upper-Level Electives (3000-4000)		3	

Total UAM Credit Hours: 59

Total Credit Hours: 120