

Degree: Associate of Arts	Program Code: (016)
Major: Health, Physical Education & Recreation	Minimum Ret/Grad GPA 2.00
Division: Health, Physical Education & Recreation	Minimum Total Hours 63

GENERAL EDUCATION REQUIREMENTS (39 HOURS)	MAJOR REQUIREMENTS (24 HOURS)
<p>English Composition - 6 hours <i>(Select Both)</i> <input type="checkbox"/> ENGL 1113 Freshman Composition I <input type="checkbox"/> ENGL 1213 Freshman Composition II</p> <p>U.S. History - 3 hours <i>(Select One)</i> <input type="checkbox"/> HIST 1483 Am His 1492-1865 or HIST 1493 Am His 1865-Pr</p> <p>U.S. Government - 3 hours <i>(Select One)</i> <input type="checkbox"/> POS 1113 American Federal Government</p> <p>Biological Science - 4 hours <i>(Select One)</i> <input type="checkbox"/> BIO 1114, BOT 1114, ZOO 1114</p> <p>Physical Science - 4 hours <i>(Select One)</i> <input type="checkbox"/> GPS 1214, CHEM 1115, PHYS 1114, or PHYS 2014</p> <p>Orientation - 1 hour <i>(Select One)</i> <input type="checkbox"/> ORI 1111 Freshman Orientation</p> <p>Mathematics - 3 hours <i>(Select One)</i> <input type="checkbox"/> Math 1413 Survey of Contemporary Mathematics¹</p> <p>Computer Proficiency - 3 hours <i>(Select One)</i> <input type="checkbox"/> CS 1103 Microcomputer Applications</p> <p>Humanities - 6 hours <i>(Select Two)</i> <input type="checkbox"/> HUM 2113 Gen Hum. I <input type="checkbox"/> HUM 2223 Gen Hum II <input type="checkbox"/> ART 1113 Art Appreciation <input type="checkbox"/> DRMA 1213 Intro Theatre <input type="checkbox"/> HIST 1113 Early West Civ <input type="checkbox"/> HIST 1123 Mod West Civ <input type="checkbox"/> MUS 1113 Music Apprec <input type="checkbox"/> PHIL 1113 Intro to Philosophy <input type="checkbox"/> PHIL 2123 Ethics <input type="checkbox"/> RLED 1113 Old Testament <input type="checkbox"/> RLED 1123 New Testament <input type="checkbox"/> RLED 2113 World Religions <input type="checkbox"/> Any Literature Course(s)</p> <p>Approved Electives - 6 hours <i>(Select CS 1103 and 1 Electives)</i> Select course(s) from these course disciplines: <input type="checkbox"/> CS 1103 Microcomputer Applications <input type="checkbox"/> SPAN 1113 Conversational Spanish² <input type="checkbox"/> PSY, HIST, POS, SOC, ECON, GEOG, SPAN, CHER, CHOC, ART, MUS, DRMA, HUM, PHIL, RLED, SPCH, ENGL (literature)</p>	<p>MAJOR CORE COURSES</p> <p>Required Courses in Major - 15 hours <i>(Select All)</i> <input type="checkbox"/> HPER 1103 Introduction to HPER <input type="checkbox"/> HPER 1113 Personal Health and Wellness <input type="checkbox"/> HPER 2103 Care and Prevention of Athletic Injuries <input type="checkbox"/> HPER 2113 Theory of Coaching <input type="checkbox"/> HPER 2213 Standard First Aid and Personal Safety</p> <p>ELECTIVE COURSES</p> <p>Elective Courses in Major – 9 hours <i>(Choose four or more courses in conference with advisor)</i> <input type="checkbox"/> AHS 1203 Basic Nutrition <input type="checkbox"/> AHS 2113 Preventative Techniques in Athletic Training <input type="checkbox"/> HPER 2133 Sports Officiating <input type="checkbox"/> PSY 1113 Introduction to Psychology² <input type="checkbox"/> SPCH 1113 Introduction to Speech² <input type="checkbox"/> ZOO 2114 Human Physiology <input type="checkbox"/> ZOO 2124 Human Anatomy</p>
Totals: ----- Credit Hours: 39	Totals: ----- Credit Hours: 24

Notation:

¹MATH 1413 is Math Pathways requirement. However, student should consider the math requirement of the transfer institution.

² Recommended for Education majors.

Students are required to complete General Education and Major Requirement courses leading to this degree. Students who complete this associate's degree are prepared to transfer and continue their education at a four-year college/university. Students should consult with their academic advisor and refer to the 4-semester by semester program planning guide to understand course sequencing.

Semester by Semester Degree Plan
Health, Physical Education & Recreation, AA (016)

Course Number – Course Description	Hours
Freshman Year 1 st Semester – Fall <input type="checkbox"/> ORI 1111 Freshman Orientation <input type="checkbox"/> ENGL 1113 Freshman Composition I <input type="checkbox"/> Math 1413 Survey of Contemporary Math <input type="checkbox"/> CS 1103 Microcomputer Applications <input type="checkbox"/> HPER 1103 Introduction to HPER <input type="checkbox"/> HPER 2213 Standard First Aid <div style="text-align: right;">Total:</div>	1 3 3 3 3 3 3 16
Freshman Year 2 nd Semester – Spring <input type="checkbox"/> ENGL 1213 Freshman Composition II <input type="checkbox"/> Biological Science - (BIO, BOT, OR ZOO) <input type="checkbox"/> Elective in General Education, recommend PSY 1113 Intro to Psychology ¹ <input type="checkbox"/> Humanities (ART, ENGL, HUM, MUS, PHIL, OR RLED) <input type="checkbox"/> HPER 2103 Care & Prevention of Athletic Injuries ¹ <div style="text-align: right;">Total:</div>	3 4 3 3 3 3 16
Sophomore Year 1 st Semester – Fall <input type="checkbox"/> Physical Science - (CHEM, GPS, OR PHYS) <input type="checkbox"/> HPER 1113 Personal Health & Wellness <input type="checkbox"/> HPER 1103 Introduction to HPER <input type="checkbox"/> AHS 1203 Basic Nutrition <input type="checkbox"/> HIST 1483 or 1493 American History <div style="text-align: right;">Total:</div>	4 3 3 3 3 3 16
Sophomore Year 2 nd Semester – Spring <input type="checkbox"/> Humanities (ART, ENGL, HUM, MUS, PHIL, OR RLED) <input type="checkbox"/> SPCH 1113 Intro to Speech ¹ <input type="checkbox"/> SPAN 1113 Conversational Spanish ¹ <input type="checkbox"/> POS 1113 American Federal Government <input type="checkbox"/> HPER 2113 Theory of Coaching <div style="text-align: right;">Total:</div>	3 3 3 3 3 3 15
<i>Graduation Requirements: Minimum 63 cr-hrs, 2.00 Ret/Grad GPA, 15 Resident cr-hrs</i>	Total Hours: 63

Note: ¹Students should select these courses for teacher education studies.

Note: Students should select appropriate General Education Electives and Electives appropriate to major and interest. CASC Course disciplines include: PSY, HIST, POS, SOC, ECON, GEOG, SPAN, CHER, CHOC, ART, MUS, DRMA, HUM, PHIL, RLED, SPCH, ENGL (literature). Students should complete a 15 - 16 cr-hrs per semester to graduate in two years.

How to Use this “Semester by Semester Degree Plan”: Courses in this semester by semester breakdown are listed with several thoughts in mind. Prerequisites are listed first. Science, math, and major coursework are listed in order the course should be taken and in what term the course should be taken. Students should enroll into ORI 1111 and ENGL 1113, and any development courses in the first term. Courses listed in parenthesis are selections from which a student may choose. Enrollment into developmental courses will add to the total credit hour count, and may alter math and science enrollment rotations. -- While this is a guide to help the student with pre-enrollment, a study of the Course Schedule and a visit with an academic advisor is a must.

Estimated Program Cost: Students can complete this degree in four semesters (15-16 per semester).

The estimated cost of this program is approximated at: $63 \text{ credit-hours} \times \$136.50 \text{ per credit hour} = \$8,599.50$ (Please know that this cost does not include textbooks, supplies, developmental coursework, and other expenses, and is designed as an ESTIMATE only).

Actual program cost is based on Fall 2021 in-state tuition amounts and the final costs will vary from this estimate.