

Health, Physical Education, and Recreation

The health, physical education, and recreation program is designed to provide students with the basic knowledge, skills, and strategies for opportunities in health, human performance and wellness, physical education, athletic training, recreation, coaching and athletics. Successful graduates may choose to complete a bachelor's degree at a four-year college or university.

Suggested Program of Study for Associate of Arts Degree (2 years)

Freshman Year

FIRST SEMESTER	
Course	Credits
HPER 1500 Lifetime Wellness	2
HPER 1510 Introduction to Physical Education	3
ENGL 1010 English Composition I	3
MATH 1140 Intermediate Algebra	4
Elective	3
	15
SECOND SEMESTER	
Course	Credits
HPER Basic Sports Series*	1
BIOS 1010 General Biology	4
EDUC 1010 Introduction to Education	3
HLTH 1710 First Aid	2
Oral Communication*	3
History*	3
	16

Sophomore Year

FIRST SEMESTER	
Course	Credits
HPER 2110 Individual and Dual Sports	3
HPER 2400 Care and Prevention of Athletic Injuries	3
HPER 2510 Physical Education in the Elementary School	3
Humanities*	3
Social Science*	3
	15
SECOND SEMESTER	
Course	Credits
HPER 1520 Exercise and Nutrition	3
HPER 2160 Team Sports	3
HPER Elective	2
PSYC 1810 Introduction to Psychology	3
Fine/Performing Arts*	3
Elective	1
	15

To earn an associate of arts degree, a student must satisfactorily complete a minimum of 60 semester hours that include the general education requirements.

* See general education requirements.