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

GENERAL EDUCATION REQUIREMENTS (39 HOURS)	**MAJOR REQUIREMENTS (24 HOURS)**

GENERAL EDUCATION REQUIREMENTS	MAJOR REQUIREMENTS
English Composition - 6 hours *(Select Both)* ___ ENGL 1113 Freshman Composition I ___ ENGL 1213 Freshman Composition II **U.S. History - 3 hours** *(Select One)* ___ HIST 1483 Am His 1492-1865 *or* HIST 1493 Am His 1865-Pr **U.S. Government - 3 hours** *(Select One)* ___ POS 1113 American Federal Government **Biological Science - 4 hours** *(Select One)* ___ BIO 1114, BOT 1114, ZOO 1114 **Physical Science - 4 hours** *(Select One)* ___ GPS 1214, CHEM 1115, PHYS 1114, or PHYS 2014 **Orientation - 1 hour** *(Select One)* ___ ORI 1111 Freshman Orientation **Mathematics - 3 hours** *(Select One)* ___ Math 1413 Survey of Contemporary Mathematics[1] **Humanities - 6 hours** *(Select Two)* ___ HUM 2113 Gen Hum. I ___ HUM 2223 Gen Hum II ___ ART 1113 Art Appreciation ___ DRMA 1213 Intro Theatre ___ HIST 1113 Early West Civ ___ HIST 1123 Mod West Civ ___ MUS 1113 Music Apprec ___ PHIL 1113 Intro to Philosophy ___ PHIL 2123 Ethics ___ RLED 1113 Old Testament ___ RLED 1123 New Testament ___ RLED 2113 World Religions ___ Any Literature Course(s) **Computer Proficiency – 3 hours** *(Select One)* ___ CS 1103 Microcomputer Applications **Approved Electives - 6 hours** *(Select 2 Electives)* Select course(s) from these course disciplines: ___ SPAN 1113 Conversational Spanish[2] ___ PSY, HIST, POS, SOC, ECON, GEOG, SPAN, CHER, CHOC, ART, MUS, DRMA, HUM, PHIL, RLED, SPCH, ENGL (literature)	**MAJOR CORE COURSES** **Required Courses in Major - 15 hours** *(Select All)* ___ HPER 1103 Introduction to HPER ___ HPER 1113 Personal Health and Wellness ___ HPER 2103 Care and Prevention of Athletic Injuries ___ HPER 2113 Theory of Coaching ___ HPER 2213 Standard First Aid and Personal Safety **ELECTIVE COURSES** **Elective Courses in Major – 9 hours** *(Choose four or more courses in conference with advisor)* ___ AHS 1203 Basic Nutrition ___ AHS 2113 Preventative Techniques in Athletic Training ___ HPER 2133 Sports Officiating ___ PSY 1113 Introduction to Psychology[2] ___ SPCH 1113 Introduction to Speech[2] ___ ZOO 2114 Human Physiology ___ ZOO 2124 Human Anatomy
Totals: - Credit Hours: 39	**Totals: - Credit Hours: 24**

Notation:

[1]MATH 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.

CARL ALBERT
STATE COLLEGE
EST. 1933

Semester by Semester Degree Plan

Health, Physical Education & Recreation, AA (016, HPER.AA)

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

Note: [1]Students 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 credit-hours x $136.50 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 2022 in-state tuition amounts and the final costs will vary from this estimate.