

Mission Statement
Health, Physical Education, & Recreation (HPER) “Framework”

The mission of the Health, Physical Education, and Recreation (HPER) degree at Carl Albert State College is designed to meet the general education requirements of the college and to provide the foundational groundwork for students who are interested in the many fields associated with health, physical education, or recreation. The program accomplishes this by providing tools for theoretical and practical application in their chosen field by developing an appreciation of the importance of a healthy lifestyle, introducing the management of common injuries and illnesses, and promoting an appreciation of the different fields of health, physical education, and recreation.

Goals of the HPER Program

1. Provide graduates an appreciation of the importance of a healthy lifestyle
2. Provide graduates an introduction to the management of common injuries/illness
3. Provide graduates an appreciation of the different fields of HPER

HPER Program Outcomes

1. Upon completion of the program, the student will identify the different aspects of physical education and related fields
 - A. Define physical education
 - B. Identify physical education terminology
 - C. Identify careers within physical education and related fields
2. Upon completion of the program, the student will identify healthy lifestyle choices
 - A. Recognize the importance of physical activity
 - B. Summarize a healthy diet
 - C. Identify risk reduction of prevalent diseases
3. Upon completion of the program, the student will demonstrate basic treatments for common injuries/illness
 - A. Identify common injuries/illness
 - B. List the steps of common injury/illness assessment
 - C. Identify basic treatments for common injuries/illness