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

English Composition - 6 hours
1. ENGL-1113 Freshman Composition I
2. ENGL-1213 Freshman Composition II

U.S. History - 3 hours
1. HIST-1483 Am His 1492-1865 or HIST-1493 Am His 1865-Pr

U.S. Government - 3 hours
1. POS-1113 American Federal Government

Biological Science - 4 hours
1. BIO-1114, BOT-1114, or ZOO-1114

Physical Science - 4 hours
1. GPS-1214, CHEM-1115, PHYS-1114, or PHYS-2014

Orientation - 1 hour
1. ORI-1111 Freshman Orientation or ORI-1112 Freshman Orientation

Mathematics - 3 hours
1. MATH-2123 Elementary Statistics[1]

Humanities - 6 hours
1. HUM-2113, 2223; ART-1113; DRMA-1213; HIST-1113, 1123; MUS-1113; PHIL-1113, 2123; RLED-1113, 1123, 2113; or ENGL literature
2. HUM-2113, 2223; ART-1113; DRMA-1213; HIST-1113, 1123; MUS-1113; PHIL-1113, 2123; RLED-1113, 1123, 2113; or ENGL literature

Approved Electives - 9 hours
1. CS-1103 Microcomputer Applications
2. Elective: PSY, HIST, POS, SOC, ECON, GEOG, SPAN, CHER, CHOC, ART, MUS, DRMA, HUM, PHIL, RLED, SPCH, or ENGL literature
3. Elective: PSY, HIST, POS, SOC, ECON, GEOG, SPAN, CHER, CHOC, ART, MUS, DRMA, HUM, PHIL, RLED, SPCH, or ENGL literature

MAJOR REQUIREMENTS.....24 HOURS

Required Courses in Major - 15 hours
1. HPER-1103 Introduction to HPER
2. HPER-1113 Personal Health and Wellness
3. HPER-2103 Care and Prevention of Athletic Injuries
4. HPER-2113 Theory of Coaching
5. HPER-2213 Standard First Aid and Personal Safety

Elective Courses in Major – 9 hours (Select Four)
1. AHS-1203 Basic Nutrition
2. AHS-2113 Preventative Techniques in Athletic Training
3. HPER-2133 Sports Officiating
4. PSY-1113 Introduction to Psychology[2]
5. SPCH-1113 Introduction to Speech[2]
6. ZOO-2114 Human Physiology
7. ZOO-2124 Human Anatomy

Notation:
[1]MATH-2123 is Math Pathways requirement. However, student should consider the math requirement of the transfer institution.
[2] Recommended for Education majors.

.

Semester by Semester Degree Plan

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

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

Course Number – Course Description	Hours
Freshman Year 1st Semester – Fall	
☐ ORI-1111 Freshman Orientation or ORI-1112 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 are listed in the order they should be taken and in what term the course should be taken. Enrollment into developmental courses will add to the total credit hour count, and may alter English, math and science enrollment rotations. Students should use this as a guide in pre-enrollment, study the Course Schedule and then visit with an academic advisor.

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 $146.00 per credit hour = $ 9,198.00* (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 2026 in-state tuition amounts and final costs will vary from this estimate.