

Programs of Study - Transfer

HEALTH, HUMAN PERFORMANCE & RECREATION

Health/Fitness Promotion and Wellness Emphasis

Associate in Arts (AA)

Semester 1

| | | |
|--------|---|-----------------------|
| PE 130 | Introduction to Physical Education | 3 credit hours |
| CM 101 | English Composition I | 3 credit hours |
| MA 111 | College Algebra (or higher) | 3 credit hours |
| | Social Science General Education ³ | 3 credit hours |
| SS 100 | College Skills and Resources ⁴ | 1 credit hour |
| | Humanities General Education ¹ | <u>3 credit hours</u> |

Total: 16 credit hours

Semester 2

| | | |
|--------|---------------------------------------|-----------------------|
| CM 102 | English Composition II | 3 credit hours |
| PE 156 | Principles of Strength & Conditioning | 2 credit hours |
| SS 101 | General Psychology | 3 credit hours |
| HE 124 | Nutrition | 3 credit hours |
| PE 141 | Personal Wellness | <u>3 credit hours</u> |

Total: 14 credit hours

Semester 3

| | | |
|--------|---|-----------------------|
| SC 120 | Human Anatomy and Physiology I | 4 credit hours |
| | Humanities General Education ¹ | 3 credit hours |
| PE 131 | First Aid and Safety | 3 credit hours |
| PE 155 | Recognition & Care of Athletic Injuries | 3 credit hours |
| SS 130 | Introduction to Sociology | <u>3 credit hours</u> |

Total: 16 credit hours

Semester 4

| | | |
|--------|---|-----------------------|
| SC 121 | Human Anatomy and Physiology II | 4 credit hours |
| PE 136 | Theory of Coaching | 3 credit hours |
| CM 115 | Public Speaking | 3 credit hours |
| | Humanities General Education ¹ | 3 credit hours |
| SS 105 | Human Growth and Development | <u>3 credit hours</u> |

Total: 16 credit hours 62 credit hours

¹The nine hours of humanities gen. ed. must represent at least three different disciplines in fine arts, history, literature, or philosophy.

²Check transfer requirements when selecting a natural science. Some universities may require two sciences as a gen. ed. and/or elective.

³The six hours of general education social sciences must represent a minimum of two different areas of study.

⁴College Skills and Resources is a required course for all first time, full-time entering Freshmen.

⁵Electives are any college coursework at or above the 100 level. Each Department maintains a list of recommended electives. Students are strongly encouraged to consider transfer institution requirements when choosing elective courses.