

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### ATHLETIC TRAINING EMPHASIS

#### Associate of Arts / Associate of Science

Cloud County Community College has agreements with various Regents Universities across Kansas where students can take courses at CCCC for two years, then transfer into the university system the third year as juniors. Students who plan to major in Health and Human Performance with an Athletic Training emphasis may begin this bachelor's degree program at Cloud County Community College. Graduates from these four-year programs enter a profession with many professional opportunities. Overall career demand is projected to grow over the coming decade. The general career outlook is positive due to the continuing strong emphasis on sports in our schools, universities, and communities. Because of this, there needs to be professional training and expertise in athletic training.

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**Degree Information:** The Associate of Arts or the Associate of Science in Health and Human Performance with an emphasis in Athletic Training is designed to enable students to transfer into a variety of health and athletic training programs across the Midwest. The following list represents a suggested guide toward a program of study and is intended to meet typical requirements of a transfer institution.

#### Recommended Course Sequence:

First Semester: PE150  
Second Semester: PE151, HE124  
Third Semester: SC120, PE131  
Fourth Semester: PE141, SC121

**Requirements:** Depending on ACT scores and/or placement exams, students may be required to take developmental courses which may add to the length of study.

**After Cloud:** The health, human anatomy and physiology, general education and elective area courses are designed for students who intend to transfer to four-year colleges and universities to complete educational requirements necessary for careers in this emphasis. Examples of positions include athletic training, personal fitness training, and other related occupations.

**Gainful Employment:** This program results in an Associate of Science degree which prepares students for further study at a four-year institution. Students who obtain a bachelor's degree in this field could apply these skills to careers with personal fitness training and athletic training. Entry-level employment with a bachelor's degree in these specialties can vary widely depending upon the responsibilities and areas of the country in which a person works. According to the U.S. Bureau of Labor Statistics, as people become more aware of sports-related injuries at a young age, demand for athletic trainers is expected to grow. Employment of athletic trainers is projected to increase 21% from 2014 to 2024. The 2015 median salary for athletic trainers in the United States is \$44,670. Salaries may differ depending upon years of experience and locale.

Obtaining an Associate of Science degree with an emphasis in this area should allow a student to transfer into a four-year program. This degree is not specifically a "School to Work" or "Career Ready" program. Associate degrees would make students more competitive for most entry-level positions.

**Transfer Institution Guide:** A student who is interested in pursuing a baccalaureate degree should consult a CCCC advisor and the transfer guide and catalog of the four-year institution.

#### Minimum General Education Required Courses 31-32 cr

*Communication Requirement* 9

CM101 English Composition I (3 cr)

CM102 English Composition II (3 cr)

CM115 Public Speaking (3 cr) or

CM240 Interpersonal Communications (3 cr)

*Humanities Requirement (AA- 3 areas required)* 9

*(AS - 2 areas required)* 6

Art Humanities

Music Literature

Theatre Philosophy

Foreign Language History

*Mathematics Requirement* 3

Mathematics General Education Course

*Natural Science Requirement (AA- 1 area required)* 4-5

*(AS- 2 areas required)* 8-10

Biological Science

Physical Science

*Social/Behavioral Science Requirement* 6

*(AA/AS - 2 areas required)*

Economics Anthropology

Psychology Political Science

Sociology Geography

#### Elective Courses 30-31 cr

HE124 Nutrition 3

PE131 First Aid & Safety 3

PE136 Theory of Coaching 3

PE141 Personal Wellness 3

PE150 Basic Care/Prevention of Athletic Injury I 3

PE151 Basic Care/Prevention of Athletic Injury II 3

MA112 Trigonometry 3

SC120 Human Anatomy & Physiology I 4

SC121 Human Anatomy & Physiology II 4

Elective 3

#### Credits Required 62

\*All electives should be selected with assistance from an advisor. These options are general areas that will transfer to focused majors. Substitutions must be approved by the department chair.

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### ATHLETIC TRAINING EMPHASIS

Associate of Arts / Associate of Science

#### Suggested Semester Guideline

##### Semester 1

CM 101	English Composition I	3 credit hours
MA 111	College Algebra (or higher)	3 credit hours
PE 150	Basic Care and Prevention of Athletic Injuries I	3 credit hours
	Humanities General Education	3 credit hours
	Physical Science General Education	<u>3-4 credit hours</u>
	Total:	15-16 credit hours

##### Semester 2

CM 102	English Composition II	3 credit hours
PE 151	Basic Care and Prevention of Athletic Injuries II	3 credit hours
MA 112	Trigonometry (or higher)	3 credit hours
HE 124	Nutrition	3 credit hours
PE 136	Theory of Coaching	<u>3 credit hours</u>
	Total:	15 credit hours

##### Semester 3

SC 120	Human Anatomy and Physiology I	4 credit hours
SS	Social Science General Education	3 credit hours
PE 131	First Aid and Safety	3 credit hours
	Elective	3 credit hours
SS 101	General Psychology	<u>3 credit hours</u>
	Total:	16 credit hours

##### Semester 4

CM 115	Public Speaking	3 credit hours
PE 141	Personal Wellness	3 credit hours
SC 121	Human Anatomy and Physiology II	4 credit hours
SS	Social Science General Education <sup>3</sup>	3 credit hours
	Humanities General Education <sup>1</sup>	<u>3 credit hours</u>
	Total:	16 credit hours
		62-63 credit hours

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### COACHING EMPHASIS

#### Associate of Science

Cloud County Community College has agreements with various Regents Universities across Kansas where students can take courses at CCCC for two years, then transfer into the university system the third year as juniors. Students who plan to major in Health and Human Performance with a coaching emphasis may begin this bachelor's degree program at Cloud County Community College. Graduates from these four-year programs enter a profession with lots of possibilities. Career demand is projected to thrive and become stronger over the coming decade.

**Contact:** Spencer Farha  
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**Degree Information:** The Associate of Science in Health and Human Performance with an emphasis in Coaching is designed to enable students to transfer into a variety of health and athletic training programs across the Midwest. The following list represents a suggested guide toward a program of study and is intended to meet typical requirements of a transfer institution.

#### Minimum General Education Required Courses 32 cr

*Communication Requirement* 9

- CM101 English Composition I (3 cr)
- CM102 English Composition II (3 cr)
- CM115 Public Speaking (3 cr) or
- CM240 Interpersonal Communications (3 cr)

*Humanities Requirement (2 areas required)* 6

- Art Humanities
- Music Literature
- Theatre Philosophy
- Foreign Language History

*Mathematics Requirement* 3

- Mathematics General Education Course

*Natural Science Requirement (2 areas required)* 8-10

- Physical Science (4-5 cr)
- Biological Science (4-5 cr)

*Social/Behavioral Science Requirement (2 areas required)* 6

- Economics Anthropology
- Psychology Political Science
- Sociology Geography

#### Elective Courses\* 30 cr

- BE210 Leadership Development 3
- PE131 First Aid and Safety 3
- PE136 Theory of Coaching 3
- PE139 Techniques of Coaching Basketball 2
- PE141 Personal Wellness 3
- PE146 Concepts of Team Sports 3
- PE155 Recognition and Care of Athletic Injury 3
- PE156 Principles of Strength & Conditioning 2
- Electives 9

#### Credits Required 62

\*All electives should be selected with assistance from an advisor. These options are general areas that will transfer to focused majors. Substitutions must be approved by the department chair.

#### Recommended Course Sequence:

- First Semester: CM101, PE136
- Second Semester: CM102, PE141, PE146
- Third Semester: PE131,
- Fourth Semester: BE210, CM115/CM240, PE156

**Requirements:** Depending on ACT scores and/or placement exams, students may be required to take developmental courses which may add to the length of study.

**After Cloud:** The health, coaching, general education, physical education and elective area courses are designed for students who intend to transfer to four-year colleges and universities to complete educational requirements necessary for careers in this emphasis. Examples of positions include recreation program management, special event management, outdoor recreation leadership, health promotion, coaching, and numerous related occupations.

**Gainful Employment:** This program results in an Associate of Science degree which prepares students for further study at a four-year institution. Students who obtain a bachelor's degree in this field could apply these skills to careers with the management of fitness centers, various coaching positions outside of public schools, coaching in colleges, special populations in recreation, special events management, and numerous related occupations. Entry-level employment with a bachelor's degree in these fields can vary widely depending on the field.

Obtaining an Associate of Science degree with an emphasis in this area should allow a student to transfer into a four-year program. This degree is not specifically a "School to Work" or "Career Ready" program. Associate degrees would make students more competitive for most entry-level positions.

**Transfer Institution Guide:** A student who is interested in pursuing a baccalaureate degree should consult a CCCC advisor and the transfer guide and catalog of the four-year institution.

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### COACHING EMPHASIS

Associate of Science

### Suggested Semester Guideline

#### Semester 1

CM 101	English Composition I	3 credit hours
MA 111	College Algebra (or higher)	3 credit hours
PE 136	Theory of Coaching	3 credit hours
PE 150	Basic Care & Prevention of Athletic Injuries	3 credit hours
SS 101	General Psychology	<u>3 credit hours</u>
	Total:	15 credit hours

#### Semester 2

CM 102	English Composition II	3 credit hours
	Physical Science General Education	4-5 credit hours
PE 141	Personal Wellness	3 credit hours
PE 146	Concepts of Team Sports	3 credit hours
	Elective	<u>3 credit hours</u>
	Total:	16-17 credit hours

#### Semester 3

PE 131	First Aid and Safety	3 credit hours
PE 139	Techniques of Coaching Basketball	2 credit hours
	Biological Science General Education	4 credit hours
	Humanities General Education	3 credit hours
	Social Science General Education	<u>3 credit hours</u>
	Total:	15 credit hours

#### Semester 4

BE 210	Leadership Development	3 credit hours
CM 115	Public Speaking	3 credit hours
PE 156	Principles of Strength & Conditioning	2 credit hours
	Humanities General Education	3 credit hours
	Elective	3 credit hours
	Elective	<u>3 credit hours</u>
	Total:	17 credit hours
		63-64 credit hours

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### KINESIOLOGY / EXERCISE SCIENCE EMPHASIS

#### Associate of Science

Cloud County Community College has agreements with various Regents Universities across Kansas where students can take courses at CCCC for two years, then transfer into the university system the third year as juniors. Students who plan to major in Health and Human Performance with a Kinesiology/Exercise Science emphasis may begin this bachelor's degree program at Cloud County Community College. Graduates from these four-year programs enter a profession with many possibilities.

Overall career demand is projected to grow over the coming decade. There is a wide range of positions that a person can select from. The general career outlook is positive due to a steadily increasing population in our nation and due to the growing wisdom of people taking responsibility for keeping as fit and healthy as possible.

#### Minimum General Education Required Courses 32 cr

##### Communication Requirement 9

CM101 English Composition I (3 cr)	
CM102 English Composition II (3 cr)	
CM115 Public Speaking (3 cr) or	
CM240 Interpersonal Communications (3 cr)	

##### Humanities Requirement (2 areas required) 6

Art	Humanities
Music	Literature
Theatre	Philosophy
Foreign Language	History

##### Mathematics Requirement 3

Mathematics General Education Course

##### Natural Science Requirement (2 areas required) 8-10

Physical Science (4-5 cr)  
Biological Science (4-5 cr)

##### Social/Behavioral Science Requirement (2 areas required) 6

Economics	Anthropology
Psychology	Political Science
Sociology	Geography

#### Elective Courses\* 30 cr

HE124 Nutrition	3
MA112 Trigonometry	3
PE131 First Aid & Safety	3
PE141 Personal Wellness	3
PE146 Concepts of Team Sports	3
PE150 Basic Care & Prevention of Athletic Injuries	3
PE156 Principles of Strength & Conditioning	2
SC120 Human Anatomy & Physiology I (suggested)	4
SC121 Human Anatomy & Physiology II	4
SC130 General Chemistry or	
SC131 Chemistry I (suggested)	5
SC140 College Physics I	5
Elective	3

#### Credits Required 62

\*All electives should be selected with assistance from an advisor. These options are general areas that will transfer to focused majors. Substitutions must be approved by the department chair.

**Contact:** Spencer Farha  
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**Degree Information:** The Associates of Science in Health and Human Performance with an emphasis in Kinesiology/Exercise Science is designed to enable students to transfer into a variety of health and kinesiology/exercise programs across the Midwest. The following list represents a suggested guide toward a program of study and is intended to meet typical requirements of a transfer institution.

#### Recommended Course Sequence:

First Semester: CM101, MA111, PE150, SC120  
Second Semester: CM102, HE124, MA112, SC121  
Third Semester: SC140, PE131, PE141, PE146  
Fourth Semester: CM115/CM240, PE156, SC130

**Requirements:** Depending on ACT scores and/or placement exams, students may be required to take developmental courses which may add to the length of study.

**After Cloud:** The health, human anatomy and physiology, kinesiology, general education, physical education, and elective area courses are designed for students who intend to transfer to four-year colleges and universities to complete educational requirements necessary for careers in this emphasis. Examples of positions include public health educator, corporate wellness coordinator, community health worker, manager of health services for a clinic, department or facility, health coach, and many related occupations.

**Gainful Employment:** This program results in an Associate of Science degree which prepares students for further study at a four-year institution. Students who obtain a bachelor's degree in this field could apply these skills to careers with personal fitness training, sports management, recreation therapy, athletic training, physical therapy, and athletic scouting positions. The entry-level employment salary with a bachelor's degree in these specialties can vary widely depending upon the responsibilities and area of the country in which a person works. The U.S. Bureau of Labor Statistics states that because of the growing popularity of sporting event participation, these careers are due to grow 8% (between 2014 & 2024) because of increased popularity of sporting event participation. The same source states that the demand for physical therapists will increase by 34% in the next decade. This is because of the growth of elderly citizens in physical rehabilitation and inroads in medical technology which allow more medical conditions to be treated with physical therapy. The U.S. Bureau of Labor Statistics also states that the 2015 median annual salary for physical therapists was \$84,020. Salaries may differ depending upon years of experience and locale.

Obtaining an Associate of Science degree with an emphasis in this area should allow a student to transfer into a four-year program. This degree is not specifically a "School to Work" or "Career Ready" program. Associate degrees would make students more competitive for most entry-level positions.

**Transfer Institution Guide:** A student who is interested in pursuing a baccalaureate degree should consult a CCCC advisor and the transfer guide and catalog of the four-year institution.

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### KINESIOLOGY / EXERCISE SCIENCE EMPHASIS

Associate of Science

#### Suggested Semester Guideline

##### Semester 1

CM 101	English Composition I	3 credit hours
MA 111	College Algebra (or higher)	3 credit hours
	Social Science General Education	3 credit hours
PE 150	Basic Care and Prevention of Athletic Injuries I	3 credit hours
SC120	Human Anatomy & Physiology I	<u>4 credit hours</u>
	Total:	16 credit hours

##### Semester 2

CM 102	English Composition II	3 credit hours
HE 124	Nutrition	3 credit hours
	Humanities General Education	3 credit hours
SC 121	Human Anatomy & Physiology II	4 credit hours
MA 112	Trigonometry	<u>3 credit hours</u>
	Total:	16 credit hours

##### Semester 3

PE 131	First Aid and Safety	3 credit hours
PE 141	Personal Wellness	3 credit hours
PE 146	Concepts of Team Sports	3 credit hours
SC 140	College Physics I	5 credit hours
	Social Science General Education	<u>3 credit hours</u>
	Total:	17 credit hours

##### Semester 4

CM 115	Public Speaking	3 credit hours
PE 156	Principles of Strength & Conditioning	2 credit hours
	Humanities General Education	3 credit hours
	Elective	3 credit hours
SC 130	General Chemistry or SC131 Chemistry I	<u>4-5 credit hours</u>
	Total:	15-16 credit hours
		64-65 credit hours



# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### SPORTS MANAGEMENT EMPHASIS

#### Associate of Arts / Associate of Science

Cloud County Community College has agreements with various Regents Universities across Kansas where students can take courses at CCCC for two years, then transfer into the university system the third year as juniors. Students who plan to major in sports management may begin their bachelor's degree program at Cloud County Community College.

**Contact:** Spencer Farha  
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#### Minimum General Education Required Courses 31-32 cr

##### Communication Requirement 9

- CM101 English Composition I (3 cr)
- CM102 English Composition II (3 cr)
- CM115 Public Speaking (3 cr) or  
CM240 Interpersonal Communications (3 cr)

##### Humanities Requirement (AA- 3 areas required) 9 (AS - 2 areas required) 6

- |                  |            |
|------------------|------------|
| Art              | Humanities |
| Music            | Literature |
| Theatre          | Philosophy |
| Foreign Language | History    |

##### Mathematics Requirement 3

Mathematics General Education Course

##### Natural Science Requirement (AA- 1 area required) 4-5 (AS- 2 areas required) 8-10

- Biological Science
- Physical Science

##### Social/Behavioral Science Requirement 6 (AA/AS - 2 areas required)

- |            |                   |
|------------|-------------------|
| Economics  | Anthropology      |
| Psychology | Political Science |
| Sociology  | Geography         |

#### Elective Courses\* 30-31 cr

- |                                             |   |
|---------------------------------------------|---|
| BE154 Business Law                          | 3 |
| BE155 Marketing                             | 3 |
| BE160 Business Accounting                   | 3 |
| BE210 Leadership Development                | 3 |
| MG101 Management Principles                 | 3 |
| PE146 Concepts of Team Sports               | 3 |
| PE131 First Aid & Safety                    | 3 |
| PE136 Theory of Coaching                    | 3 |
| PE141 Personal Wellness                     | 3 |
| PE156 Principles of Strength & Conditioning | 2 |
| Elective                                    | 3 |

#### Credits Required 62

\*All electives should be selected with assistance from an advisor. These options are general areas that will transfer to focused majors. Substitutions must be approved by the department chair.

**Degree Information:** The Associate of Arts or the Associate of Science with a Sports Management emphasis is designed to enable students to transfer into a variety of sports management programs at K-State, KU, WSU or other programs across the Midwest. The following list represents a suggested guide toward a program of study and is intended to meet typical requirements of a transfer institution.

#### Recommended Course Sequence:

First Semester: CM101, MA111, PE136  
Second Semester: CM102, BE160, MG101, PE141  
Third Semester: PE131, BE154, BE210  
Fourth Semester: BE155, PE146, PE156

**Requirements:** Depending on ACT scores and/or placement exams, students may be required to take developmental courses which may add to the length of study.

**After Cloud:** The physical education, business, and elective area courses are designed for students who intend to transfer to four-year colleges and universities to complete educational requirements necessary for careers in this emphasis such as sports management, sports marketing, facility management, sports finance, and numerous related occupations.

**Gainful Employment:** This program results in an Associate of Arts or an Associate of Science degree, which prepares students for further study at a four-year institution. Students who obtain a bachelor's degree in this field could apply these skills to careers such as event management, sports marketing, sports economics, facility management, sports finance, athletic directorship and numerous related occupations. Entry-level employment with a bachelor's degree in these fields can vary widely depending on the specific job and location. The median salary for a sports information director in the U.S was \$37,302 in 2015, according to Payscale.com, while the median salary for an athletic director in 2015 was \$56,599. These figures may reflect positions that require graduate degrees as well.

Obtaining an Associate of Arts or an Associate of Science degree with an emphasis in this area should allow a student to transfer into a four-year program. This degree is not specifically a "School to Work" or "Career Ready" program. Associate degrees would make students more competitive for most entry-level positions. Gainful employment data would be comparable to various entry-level positions at or above minimum wage values.

**Transfer Institution Guide:** A student who is interested in pursuing a baccalaureate degree should consult a CCCC advisor and the transfer guide and catalog of the four-year institution.

# Programs of Study

## HEALTH AND HUMAN PERFORMANCE

### SPORTS MANAGEMENT EMPHASIS

Associate of Arts / Associate of Science

#### Suggested Semester Guideline

##### Semester 1

CM 101	English Composition I	3 credit hours
MA 111	College Algebra (or higher)	3 credit hours
PE 136	Theory of Coaching	3 credit hours
	Social Science General Education	3 credit hours
	Humanities General Education	<u>3 credit hours</u>
	Total:	15 credit hours

##### Semester 2

CM 102	English Composition II	3 credit hours
BE 160	Business Accounting	3 credit hours
	Science with Lab General Education	4 credit hours
MG 101	Management Principles	3 credit hours
PE 141	Personal Wellness	<u>3 credit hours</u>
	Total:	16 credit hours

##### Semester 3

BE 154	Business Law	3 credit hours
BE 210	Leadership Development	3 credit hours
PE 131	First Aid & Safety	3 credit hours
	Humanities General Education (AA) or Science with Lab General Education (AS)	4 credit hours
	Social Science General Education	<u>3 credit hours</u>
	Total:	16 credit hours

##### Semester 4

BE 155	Marketing	3 credit hours
CM 115	Public Speaking	3 credit hours
PE 146	Concepts of Team Sports	3 credit hours
PE 156	Principles of Strength & Conditioning	2 credit hours
	Humanities General Education	3 credit hours
	Elective	<u>3 credit hours</u>
	Total:	17 credit hours

63-64 credit hours