

Focus Areas:

**Nursing (ADN), Health,
Recreation,
Athletic Training,
Nurse's Aid**

HEALTH & HUMAN PERFORMANCE

Stefanie Perret, Nursing Administrator
sperret@cloud.edu •• 243.1435, ext. 332

Employment:

\$30,000-\$65,000



Recent graduates hired as:

- **Registered Nursing**
- **Firefighter**
- **Emergency Medical Tech**
- **Athletic Trainer**
- **Nutritionist**

Health and Human Performance is a broad field including Allied Health, Associate Degree Nursing, athletic training, health science, and health administration. The nursing program includes two options for students to obtain an associate degree in nursing: the Generic Traditional Option allows students to start directly in the program and the Advanced Standing Option allows for transfer into the program as a Licensed Practical Nurse. While there are some opportunities for employment in supporting roles after a two-year A.G.S. program, many careers require a bachelor's degree. Students planning to complete a four year degree should enroll in the A.S. program.

DEGREES & CERTIFICATES

Certified Nurse Aid..... 5 hours

Certified Medication Aid 5 hours

Emergency Medical Technician 16 hours

Associate of General Studies.....62 hours

Associate of Science62 hours

Fields of Study

HEALTH AND HUMAN PERFORMANCE

ALLIED HEALTH

EMERGENCY MEDICAL TECHNICIAN

This course of study will provide the participant with the preparation necessary to test for certification as an Emergency Medical Technician in the State of Kansas. This is the initial course of instruction required for persons involved in providing emergency care. Areas covered include: the control of an accident scene, care of the patient prior to transport, preparation for transport, transport and care of the patient while en-route to the hospital, transfer of a patient to a hospital emergency department, communications, reporting, record keeping, and vehicle care. This Emergency Medical Technician course meets the course requirements of the Kansas Board of Emergency Medical Services as set forth in Kansas Administrative Regulations.

When taken with *First Aid and Safety* and *General Psychology* or *Introduction to Sociology*, the student will be awarded a college-level certificate. These courses will apply toward the requirements for an Associate's degree if the student wishes to continue his or her education. In the state of Kansas, the entry-level hourly wages for certified EMTs range from \$13.00 to \$15.00 per hour with an annual salary ranging from \$26,000 to \$32,000.

EMT LEVEL I

16-Hour Certificate

Required General Education Courses (3 credits)

SS101	General Psychology or	
	SS130 Introduction to Sociology.....	3

Required Courses (13 credits)

AH163	Emergency Medical Technician	10
PE131	First Aid and Safety.....	3

HEALTH AIDE

Certified Nurse Aide, Medication Aide, Medication Aide Update, and Home Health Aide courses are taught at various times and locations in North Central Kansas throughout the year. Contact the Allied Health office at the college (785-243-1435, ext. 372) for information as to times and locations of these courses.

Certified Nurse Aide

The student who completes/passes this 90 hour course is eligible to take the Kansas State Certified Nurse Aide Exam for licensure as a Certified Nurse Aide. Course delivery methods may be completed by face-to-face classroom sessions or hybrid. This course is considered a Stand Alone Program and is not applicable to any degree, although many LPN (Licensed Practical Nursing) Programs require the applicant to have completed the CNA class before admission to their program. Many CNAs are employed in long-term care facilities. The beginning salary for a CNA in the local area ranges from \$8.50 to \$9.50 per hour. Please contact the Allied Health Office at Cloud County Community College for further information. (785)243-1435 Ext. 372.

Medication Aide

The student who completes/passes this 75 hour course is eligible to take the Kansas State Certified Medication Aide Exam for licensure as a Certified Medication Aide. Course delivery methods may be completed by face-to-face classroom sessions or hybrid. This course is considered a Stand Alone Program and available only to Certified Nurse Aides and is not applicable to any degree. Many CMAs are employed in Long Term Care and Assisted Living Facilities. Local beginning salary range from \$8.95 to \$10.00 per hour. Please contact the Allied Health Office at Cloud County Community College for further information. (785)243-1435 Ext 372.

LPN IV Certification

The Licensed Practical Nurse who completes this 32 hour course is eligible to take the Kansas State Exam for I.V. Therapy Certification. Upon certification and under the supervision of a professional registered nurse, the LPN may engage in a limited scope of intravenous fluid treatment. IV certified LPNs generally practice in long term care settings and some acute care. Salaries range from \$14.05-\$14.38. Please contact the Allied Health Office at Cloud County Community College for further information. (785)243-1435 Ext 372.



Fields of Study

HEALTH AND HUMAN PERFORMANCE

Associate of General Studies 62 Hours

Required General Education Courses 25 cr

<i>Communication Requirement</i>	6
CM101 English Composition I (3 cr)	
CM115 Public Speaking (3 cr) or	
CM240 Interpersonal Communications (3 cr)	
<i>Mathematics Requirement</i>	3
Mathematics General Education Course or	
MA110 Intermediate Algebra (3 cr)	
<i>Humanities Requirement</i>	3
Art Humanities	
Music Literature	
Theatre Philosophy	
Foreign Language History	
<i>Social/Behavioral Science Requirement</i>	3
Economics Anthropology	
Psychology Political Science	
Sociology Geography	
<i>Humanities or Social Science Requirement</i> (Must be from second area)	3
<i>Natural Science Requirement</i>	4
Physical Science w/lab or	
Biological Science w/lab	
<i>Open General Education Elective</i>	3

Required Health and Human Performance Courses 15 cr

BE210 Leadership Development	3
PE131 First Aid and Safety	3
PE136 Theory of Coaching	3
PE141 Personal Wellness	3
PE150 Basic Care & Prevention of Athletic Injuries I	3

Elective Courses 17 cr

Physical Education	
PE101 Team Sports I	1
PE102 Team Sports II	1
PE107 Bowling I	1
PE108 Archery	1
PE110 Total Fitness	1
PE119 Weight Training and Physical Fitness	1
PE125 Fitness for Life	1
PE126 Cheerleading I	1
PE127 Cheerleading II	1
PE128 Dance Team I	1
PE129 Dance Team II	1
PE130 Introduction to Physical Education	3
PE134 Personal and Community Health	3
PE135 Concepts of Physical Education	3
PE137 Introduction to Recreation	3
PE139 Techniques of Coaching Basketball	2

PE140 Techniques of Coaching Volleyball	2
PE143 Total Fitness II	1
PE144 Archery	1
PE146 Concepts of Team Sports	3
PE151 Basic Care & Prevention of Athletic Injuries II	3
PE155 Recognition & Care of Athletic Injuries	3
PE156 Principles of Strength & Conditioning	2
PE160 Varsity Sports: Baseball	1
PE161 Varsity Sports: Basketball	1
PE162 Varsity Sports: Track	1
PE164 Varsity Sports: Soccer	1
PE165 Varsity Sports: Softball	1
PE167 Varsity Sports: Cross Country	1
PE168 Varsity Sports: Volleyball	1
PE169 Varsity Sports: Wrestling	1
PE185 Varsity Sports: Basketball II	1

Science

SC120 Human Anatomy & Physiology I	4
SC121 Human Anatomy & Physiology II	4
SC126 Anatomy & Physiology	5
SC128 Pathophysiology	4

Social Science

SS101 General Psychology	3
SS102 Abnormal Psychology	3
SS103 Social Psychology	3
SS105 Human Growth and Development	3
SS106 Marriage and Family	3
SS107 Human Sexuality	3
SS113 Human Relations	3
SS127 Child Psychology	3
SS130 Introduction to Sociology	3
SS131 Race and Ethnic Relations in the U.S.	3
SS150 Introduction to International Relations	3
SS201 Social Problems	3

Additional Electives

BE154 Business Law	3
BE155 Marketing	3
BE160 Business Accounting	3
BE161 Accounting I	3
BE162 Accounting II	3
CA221 Job Search	1
CS108 Computer Applications	3
GE101 Geography	3
HE124 Nutrition	3
MG101 Management Principles	3
MG102 Small Business Management	3
PE220 Coop Ed Internship	2

Life Skills

BE153 Personal Finance	3
PE250 Stress Management	3
SS106 Marriage & Family	3

Open Electives 6 cr

Fields of Study

HEALTH AND HUMAN PERFORMANCE

Associate of Science
62 Hours

Required General Education Courses 32 cr

<i>Communication Requirement</i>	9
CM101 English Composition I (3 cr)	
CM102 English Composition II (3 cr)	
CM115 Public Speaking (3 cr) or CM240 Interpersonal Communications (3 cr)	
<i>Humanities Requirement (2 areas required)</i>	6
Art Humanities	
Music Literature	
Theatre Philosophy	
Foreign Language History	
<i>Mathematics Requirement</i>	3
Mathematics General Education Course	
<i>Natural Science Requirement (2 areas required)</i>	8-10
Physical Science w/Lab (4-5 cr)	
Biological Science w/Lab (4-5 cr)	
<i>Social/Behavioral Science Requirement (2 areas required)</i>	6
Economics Anthropology	
Psychology Political Science	
Sociology Geography	

Required Health and Human Performance Courses 21 cr

BE210 Leadership Development	3
PE131 First Aid and Safety	3
PE136 Theory of Coaching	3
PE141 Personal Wellness	3
PE150 Basic Care and Prevention of Athletic Injuries	3
Humanities Course	3
Social Science Course	3

Elective Courses 3 cr

Physical Education

PE101 Team Sports I	1
PE102 Team Sports II	1
PE108 Archery	1
PE110 Total Fitness	1
PE119 Weight Training and Phys Fitness	1
PE125 Fitness for Life	1
PE126 Cheerleading I	1
PE127 Cheerleading II	1
PE128 Dance Team I	1
PE129 Dance Team II	1
PE130 Intro to Physical Education	3
PE135 Concepts of Physical Education	3
PE137 Intro to Recreation	3
PE139 Techniques of Coaching Basketball	2
PE140 Techniques of Coaching Volleyball	2
PE143 Total Fitness II	1
PE144 Archery II	1
PE146 Concepts of Team Sports	3
PE151 Basic Care and Prevention of Athletic Injuries II	3

PE155 Recognition & Care of Athletic Injuries	3
PE156 Principles of Strength & Conditioning	2
PE160 Varsity Sports: Baseball	1
PE161 Varsity Sports: Basketball	1
PE162 Varsity Sports: Track	1
PE164 Varsity Sports: Soccer	1
PE165 Varsity Sports: Softball	1
PE167 Varsity Sports: Cross Country	1
PE168 Varsity Sports: Volleyball	1
PE169 Varsity Sports: Wrestling	1
PE185 Varsity Sports: Basketball II	1
PE250 Stress Management	3

Social Science

SS101 General Psychology	3
SS102 Abnormal Psychology	3
SS103 Social Psychology	3
SS105 Human Growth and Development	3
SS106 Marriage and Family	3
SS107 Human Sexuality	3
SS113 Human Relations	3
SS125 Introduction to Cultural Anthropology	3
SS127 Child Psychology	3
SS130 Introduction to Sociology	3
SS131 Race & Ethnic Relations in the U.S.	3
SS140 U.S. Government: National	3
SS141 U.S. Government: State and Local	3
SS150 Introduction to International Relations	3
SS201 Social Problems	3

Additional Electives

BE154 Business Law	3
BE155 Marketing	3
BE160 Business Accounting	3
BE161 Accounting I	3
BE162 Accounting II	3
HE124 Nutrition	3
MG101 Management Principles	3
MA112 Trigonometry	3
PE220 Cooperative Ed Internship	2
SC120 Human Anatomy and Physiology I	4
SC121 Human Anatomy and Physiology II	4
SC125 Human Body Dissection	1
SC130 General Chemistry	5
SC131 Chemistry I	5
SC140 College Physics I	5

Open Electives 6 cr