

Focus Areas:
**Health, Recreation,
Athletic Training**

Employment:
\$30,000-\$65,000

HEALTH & HUMAN PERFORMANCE

Spencer Farha, Department Chair
safarha@cloud.edu • 243.1435, ext. 269



Recent graduates hired as:

- **Coach**
- **Physical Education Instructor**
- **Athletic Trainer**
- **Nutritionist**

Health and Human Performance is a broad field including athletic training, coaching, physical education instructor health science, and health administration. 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

Emergency Medical Technician..... 16 hours Associate of Science..... A.S. - 62 hours
Associate of General Studies..... A.G.S. - 62 hours

Fields of Study

Health and Human Performance

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 patient to a hospital emergency department, communication, 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 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 EMT's 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 cr)

SS101 General Psychology	<i>or</i>	
SS130 Introduction to Sociology		3

Required Courses (13 cr)

AH163 Emergency Medical Technician	10
PE131 First Aid and Safety	3

Fields of Study

Health and Human Performance

Associate of General Studies

62 Hours

Required General Education Courses 25 cr

Communication Requirement 6

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

Mathematics Requirement 3

- Mathematics General Education Course *or*
- MA110 Intermediate Algebra (3 cr)

Humanities Requirement 3

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

Social/Behavioral Science Requirement 3

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

Humanities *or* Social Science Requirement 3

(Must be from second area)

Natural Science Requirement 4

- Physical Science w/lab *or*
- Biological Science w/lab

Open General Education Elective 3

Required Health and Human Performance Courses 9 cr

Choose 3 of the following:

- | | |
|--|---|
| BE210 Leadership Development | 3 |
| PE131 First Aid and Safety | 3 |
| PE136 Theory of Coaching | 3 |
| PE141 Personal Wellness | 3 |
| PE148 Introduction to Sports Management | 3 |
| PE150 Basic Care & Prevention of Athletic Injuries I | 3 |
| PE250 Stress Management | 3 |

Elective Courses 14 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 |
| PE131 First Aid and Safety | 3 |
| PE134 Personal and Community Health | 3 |
| PE135 Concepts of Physical Education | 3 |
| PE136 Theory of Coaching | 3 |
| PE137 Introduction to Recreation | 3 |
| PE139 Techniques of Coaching Basketball | 2 |

- | | |
|---|---|
| PE140 Techniques of Coaching Volleyball | 2 |
| PE141 Personal Wellness | 3 |
| PE143 Total Fitness II | 1 |
| PE144 Archery | 1 |
| PE146 Concepts of Team Sports | 3 |
| PE148 Introduction to Sports Management | 3 |
| PE150 Basic Care & Prevention of Athletic Injuries I | 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 |
| BE210 Leadership Development | 3 |
| CA221 Job Search | 1 |
| CS108 Computer Applications | 3 |
| GE101 Geography | 3 |
| HE124 Nutrition | 3 |
| MG101 Management Principles | 3 |
| MG102 Introduction to Entrepreneurship | 3 |
| PE220 Coop Ed Internship | 2 |

Life Skills

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

Open Electives 14 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</i>	6
<i>(2 areas required)</i>	
Economics Anthropology	
Psychology Political Science	
Sociology Geography	

Required Health and Human Performance Courses 9 cr

Choose 3 of the following:

BE210 Leadership Development	3
PE131 First Aid and Safety	3
PE136 Theory of Coaching	3
PE141 Personal Wellness	3
PE148 Introduction to Sports Management I	3
PE150 Basic Care & Prevention of Athletic Injuries I	3
PE250 Stress Management	3

Elective Courses 9 cr

Physical Education

PE101 Team Sports I	1
PE102 Team Sports II	1
PE108 Archery	1
PE110 Total Fitness	1
PE119 Weight Training & 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
PE131 First Aid and Safety	3
PE135 Concepts of Physical Education	3
PE136 Theory of Coaching	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 II	1
PE146 Concepts of Team Sports	3
PE148 Introduction to Sports Management	3

PE150 Basic Care & Prevention of Athletic Injuries I	3
PE151 Basic Care & Prevention of Athletic Injuries II	3
PE156 Principles of Strength & Conditioning	2
PE160 Varsity Sports: Baseball	1
PE161 Varsity Sports: Basketball	1
PE162 Varsity Sports: Track	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
BE210 Leadership Development	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 12 cr