

Focus Areas:

**Health,
Recreation,
Athletic Training,**

HEALTH & HUMAN PERFORMANCE

Department Chair: Spencer Farha
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Employment:

\$30,000-\$65,000



Recent graduates hired as:

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

Program Learning Outcomes:

1. Design performance strategies related to skillful movement and physical activities.
2. Analyze capabilities and needs of clients/athletes to produce plans for exercise and health using appropriate investigation.
3. Formulate a philosophy or guiding vision that incorporate responsible behaviors, relationships, and environment towards health and human performance.

DEGREES & CERTIFICATES

Associate of General Studies A.G.S. - 62 hours

Associate of Science A.S. - 62 hours

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 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 Sport 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 |
| PE108 Archery | 1 |
| PE110 Total Fitness | 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 |
| PE139 Techniques of Coaching Basketball | 2 |
| PE140 Techniques of Coaching Volleyball | 2 |

| | |
|---|---|
| PE141 Personal Wellness | 3 |
| 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 |
| 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 |
| 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 |
| 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 World 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

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 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 and 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 |
| 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 |
| PE141 Personal Wellness | 3 |
| PE143 Total Fitness II | 1 |
| PE144 Archery II | 1 |
| PE146 Concepts of Team Sports | 3 |
| PE148 Introduction to Sports Management | 3 |
| PE150 Basic Care and Prevention of Athletic Injuries I | 3 |

| | |
|---|---|
| PE151 Basic Care and 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 |
| 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