

Focus Areas:

**Health,
Recreation,
Athletic Training,**

HEALTH & HUMAN PERFORMANCE

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

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 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