

Program		Health and Human Performance								
Degree/Certificate:		Associate of Science								
Course	Course Title	Credits	HPP_PLO1: Design performance strategies related to skillful movement and physical activity	HHP_PLO2: Analyze capabilities and needs of clients/athletes to produce plans for exercise and health using appropriate investigation	HHP_PLO3: Formulate a philosophy or guiding vision that incorporate responsible behaviors, relationships, and environment towards health and human performance.	ILO_D1: Examine diversity, both local and global, to develop an understanding of and appreciation for people and ideas.	ILO_D2: Demonstrate understanding of personal responsibility as a member of diverse communities.	ILO_Em1: Demonstrate knowledge of norms and expectations of professional environments.	ILO_Em2: Demonstrate skills in working with others in a professional and constructive manner.	ILO_Et: Practice professional standards within legal, ethical, and regulatory frameworks.
<b>Required Courses (choose 3 of the following)</b>										
PE 131	First Aid and Safety	3	•	•	•					•
PE 136	Theory of Coaching	3	•	•	•		•	•	•	•
PE 141	Personal Wellness (KCOG)	3	•		•	•	•	•	•	
PE 148	Introduction to Sport Management	3		•	•	•				•
PE 150	Basic Care and Prevention of Athletic Injuries I	3	•	•	•					•
PE 250	Stress Management	3		•	•		•		•	
<b>Electives (choose 9 hours)</b>										
HE 124	Nutrition	3		•	•					
PE 101	Team Sports I	1	•							
PE 102	Team Sports II	1	•							
PE 130	Introduction to Physical Education	3	•	•	•					
PE 135	Concepts of Physical Education	3	•	•	•					
PE 146	Concepts of Team Sports	3	•	•						
PE 151	Basic Care and Prevention of Athletic Injuries II	3		•	•					
PE 220	Cooperative Ed Internship									