

# Health, Physical Education, and Recreation Associate in Science

**Program Objective**

The objective of the Health, Physical Education, and Recreation Associate in Science is to prepare students for transfer to a bachelor degree granting institution to major in physical education, kinesiology, exercise fitness management, recreation management, exercise science and related fields.

**Requirements for Graduation**

1. Sixty-two designated semester credit hours.
2. Grade of "C" or better required in all Major Field Requirement courses.
3. Grade Point Average of 2.0 or better.
4. Fifteen semester credit hours in attendance at SSC.
5. Completion of Graduate Exit Survey.

**Please Note:** Consult with advisor for specific transfer requirements. General Education and Major Field requirements vary between universities.

**For Information Contact:**

Business and Education Division at  
(405) 382-9252

**Transfer Note:** A statewide transfer agreement guarantees students transferring to an Oklahoma public four-year university **with an associate in arts or associate in science degree** the associate degree will satisfy all freshman and sophomore general education requirements at the four-year university.

**General Education Requirements ..... 36**

GOV 1113	American National Government ..... 3
HIST 1483	American History to 1877 <b>or</b>
HIST 1493	American History since 1877..... 3
ENG 1113	Composition I ..... 3
ENG 1213	Composition II ..... 3
SPCH 1143	Speech..... 3
HUM	Any class designated as Humanities ..... 6
MATH 1413	Quantitative Reasoning..... 3
SCIENCE	One Life Science with lab <b>and</b>
	One Physical Science with lab ..... 8
CAP 1103	Introduction to Microsoft Office ..... 3
HPER 1012	<i>met by program</i>
SOC 1101	Freshman Seminar (or STSC 1002) ..... 1
ELECTIVE	<i>met by program</i>

**Major Field Requirements ..... 16**

HPER 1012	Wellness and Human Development
HPER 1953	Introduction to Health, Physical Education and Recreation
HPER 2222	First Aid and CPR
HPER 2223	Care and Prevention of Athletic Injuries
HPER 2413	Applied Anatomy
PSY 1113	General Psychology

**Major Field Electives and Support\* ..... 10**

*Select from the following:*

BIOL 2113	Introduction to Nutrition
HPER 2053	Sociology of Sport
HPER 2111	Lifesaving Training
HPER 2132	Officiating Rules and Procedures
HPER 2262	Theory of Coaching
HPER 2301-3	Special Projects in HPER

\* Up to 2 credit hours from HPER activity courses may be applied to Major Field Electives and Support.

**MINIMUM TOTAL HOURS REQUIRED FOR ASSOCIATE DEGREE 62**

**Suggested Sequence of Major Field Courses**

<u>First Semester</u>	<u>Second Semester</u>	<u>Third Semester</u>	<u>Fourth Semester</u>
HPER 1012	PSY 1113	HPER 2413	Major Field Elective
HPER 1593	HPER 2222	HPER 2223	Major Field Elective
	Major Field Elective	Major Field Elective	