

# Health, Physical Education, and Recreation Associate in Science

### Degree Program Mentor

For additional information regarding this degree, contact the Degree Program Mentor.



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### Program Objective

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

### Requirements for Graduation

1. Sixty-three 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.

**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** will satisfy all freshman and sophomore general education requirements at the four-year university.

### General Education Requirements ..... 37

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>	
STSC 1002	Learning Strategies .....	2
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 2233	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 1223	Sport Communication

\* 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 ..... 63

### Suggested Sequence of Major Field Courses

<u>Fall Semester</u>	<u>Spring Semester</u>	<u>Fall Semester</u>	<u>Spring Semester</u>
HPER 1012	PSY 1113	HPER 2233	HPER 2413
	HPER 1953	HPER 2222	Major Field El.
		Major Field Elective	Major Field El
			Major Field Elective



# Health, Physical Education and Recreation - Associate in Science

## Degree Requirements Checklist

2021-22

6 hrs.	<b>GENERAL EDUCATION REQUIREMENTS</b>	3 hrs.	Computer Applications <input type="checkbox"/> CAP 1103 Introduction to Microsoft Office
6 hrs.	Social Sciences <input type="checkbox"/> GOV 1113 American National Government <input type="checkbox"/> HIST 1483 American History Survey to 1877 <b>or</b> <input type="checkbox"/> HIST 1493 American History Survey since 1877	2 hrs.	Health, Physical Education and Recreation <input checked="" type="checkbox"/> <i>met by program</i>
9 hrs.	Language Arts <input type="checkbox"/> ENG 1113 Composition I <input type="checkbox"/> ENG 1213 Composition II <input type="checkbox"/> SPCH 1143 Speech		Student Success Required during first semester <input type="checkbox"/> STSC 1002 Learning Strategies
6 hrs.	Humanities <i>Select two of the following:</i> <input type="checkbox"/> HUM _____ <input type="checkbox"/> HUM _____ any course with HUM prefix (list above) <b>or</b> <input type="checkbox"/> ART 1153 Art History I <input type="checkbox"/> ART 1163 Art History II <input type="checkbox"/> ART 1203 Art Appreciation <input type="checkbox"/> ART 2323 Global Studies in Art <input type="checkbox"/> ENG 2043 Global Studies in Language Arts and Humanities <input type="checkbox"/> ENG 2413 Introduction to Literature <input type="checkbox"/> ENG 2433 World Literature I <input type="checkbox"/> ENG 2543 British Literature I <input type="checkbox"/> ENG 2653 British Literature II <input type="checkbox"/> ENG 2753 American Literature I <input type="checkbox"/> ENG 2883 American Literature II <input type="checkbox"/> HIST 2223 Early Western Civilization to 1660 <input type="checkbox"/> HIST 2233 Modern Western Civilization since 1660 <input type="checkbox"/> JOUR 1123 Introduction to Mass Communication <input type="checkbox"/> MUS 1213 Music Appreciation I <input type="checkbox"/> MUS 1223 Music Appreciation II <input type="checkbox"/> PHIL 1113 Introduction to Philosophy <input type="checkbox"/> SOC 2433 Global Studies in Culture and Diversity <input type="checkbox"/> SPAN 2103 Global Studies in Spanish <input type="checkbox"/> SPCH 1523 Introduction to Theatre	37 hrs.	<b>TOTAL REQUIRED GENERAL EDUCATION HOURS</b>
3 hrs.	Mathematics <input type="checkbox"/> MATH 1413 Quantitative Reasoning	16 hrs.	<b>MAJOR FIELD REQUIREMENTS</b> <input type="checkbox"/> HPER 1012 Wellness and Human Development <input type="checkbox"/> HPER 1953 Introduction to Health, Physical Education and Recreation <input type="checkbox"/> HPER 2222 First Aid and CPR <input type="checkbox"/> HPER 2233 Care and Prevention of Athletic Injuries <input type="checkbox"/> HPER 2413 Applied Anatomy <input type="checkbox"/> PSY 1113 General Psychology
4 hrs.	Life Science <i>Select one of the following:</i> <input type="checkbox"/> AGRI 1104 Introduction to Animal Science <input type="checkbox"/> AGRI 1204 Introduction to Plant and Soil Science <input type="checkbox"/> BIOL 1114 General Biology <input type="checkbox"/> BIOL 1214 Principles of Biology <input type="checkbox"/> BIOL 1224 General Botany <input type="checkbox"/> BIOL 1234 General Zoology	10 hrs.	<b>MAJOR FIELD ELECTIVES AND SUPPORT**</b> <i>Select from the following:</i> <input type="checkbox"/> BIOL 2113 Introduction to Nutrition <input type="checkbox"/> HPER 2053 Sociology of Sport <input type="checkbox"/> HPER 2111 Lifesaving Training <input type="checkbox"/> HPER 2132 Officiating Rules and Procedures <input type="checkbox"/> HPER 2262 Theory of Coaching <input type="checkbox"/> HPER 1223 Sport Communication
4 hrs.	Physical Science <i>Select one of the following:</i> <input type="checkbox"/> CHEM 1114 Introduction to Chemistry <input type="checkbox"/> CHEM 1315 General Chemistry I <input type="checkbox"/> ENVS 1114 Introduction to Environmental Science <input type="checkbox"/> PHYS 1114 General Physical Science <input type="checkbox"/> PHYS 1214 Earth Science <input type="checkbox"/> PHYS 1314 Astronomy <input type="checkbox"/> PHYS 1414 Physical Geology <input type="checkbox"/> PHYS 2114 General Physics I <input type="checkbox"/> PHYS 2224 General Physics II	26 hrs.	**A maximum of two HPER activity course (2 credit hours) may count toward Associate's Degree
		63 hrs.	<b>TOTAL REQUIRED MAJOR FIELD HOURS</b>
			<b>MINIMUM TOTAL HOURS REQUIRED FOR ASSOCIATE DEGREE</b>  <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;">         A statewide transfer agreement guarantees students transferring to an Oklahoma public four-year university <b>with an associate in arts or associate in science degree</b> will satisfy all freshman and sophomore general education requirements at the four-year university.       </div>

revised 11/2018



## Semester by Semester Suggested Degree Plan\*

### Health, Physical Education and Recreation - Associate in Science

COURSE NUMBER- COURSE DESCRIPTION	HOURS
<b>FRESHMAN YEAR, 1ST SEMESTER, FALL</b>	
<input type="checkbox"/> STSC 1002 LEARNING STRATEGIES	2
<input type="checkbox"/> ENG 1113 COMPOSITION I	3
<input type="checkbox"/> MATH 1413 QUANTITATIVE REASONING	3
<input type="checkbox"/> HPER 1012 WELLNESS AND HUMAN DEVELOPMENT	2
<input type="checkbox"/> HIST 1483/1493 AMERICAN HISTORY SURVEY TO 1877 OR SINCE 1877	3
<input type="checkbox"/> CAP 1103 INTRODUCTION TO MICROSOFT OFFICE	3
<b>TOTAL:</b>	<b>16</b>
<b>FRESHMAN YEAR, 2ND SEMESTER, SPRING</b>	
<input type="checkbox"/> ENG 1213 COMPOSITION II	3
<input type="checkbox"/> PSY 1113 GENERAL PSYCHOLOGY	3
<input type="checkbox"/> HPER 1953 INTRODUCTION TO HEALTH, PHYSICAL EDUCATION AND RECREATION	3
<input type="checkbox"/> GOV 1113 AMERICAN NATIONAL GOVERNMENT	3
<input type="checkbox"/> LIFE SCIENCE**	4
<b>TOTAL:</b>	<b>16</b>
<b>SOPHOMORE YEAR, 1ST SEMESTER, FALL</b>	
<input type="checkbox"/> HPER 2233 CARE AND PREVENTION OF ATHLETIC INJURIES	3
<input type="checkbox"/> HPER 2222 FIRST AID AND CPR	2
<input type="checkbox"/> HUM	3
<input type="checkbox"/> MAJOR FIELD ELECTIVE	2
<input type="checkbox"/> PHYSICAL SCIENCE***	4
<b>TOTAL:</b>	<b>14</b>
<b>SOPHOMORE YEAR, 1ST SEMESTER, SPRING</b>	
<input type="checkbox"/> HUM	3
<input type="checkbox"/> HPER 2413 APPLIED ANATOMY	3
<input type="checkbox"/> MAJOR FIELD ELECTIVE	2
<input type="checkbox"/> MAJOR FIELD ELECTIVE	3
<input type="checkbox"/> MAJOR FIELD ELECTIVE	3
<input type="checkbox"/> SPCH 1143 SPEECH	3
<b>TOTAL:</b>	<b>17</b>
<b>TOTAL HOURS:</b>	<b>63</b>

\*THIS IS A GUIDE TO HELP STUDENTS WITH PLANNING. A STUDY OF THE COURSE SCHEDULE AND A VISIT WITH YOUR ACADEMIC ADVISOR IS CRUCIAL FOR SUCCESS IN COMPLETING YOUR DEGREE.

\*\*LIFE SCIENCE = AGRI 1104, 1204, BIOL 1114, 1214, 1224, OR 1234

\*\*\*PHYSICAL SCIENCE= CHEM 1114, 1315, ENVS 1114, PHYS 1114, 1214, 1314, 1414, 2114, 2224