

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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Instructor

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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 OR	
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 AND	
	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 (FO)	
HPER 2233	Care and Prevention of Athletic Injuries	
HPER 2413	Applied Anatomy (SO)	
PSY 1113	General Psychology	

Major Field Electives and Support* 10

Select from the following:

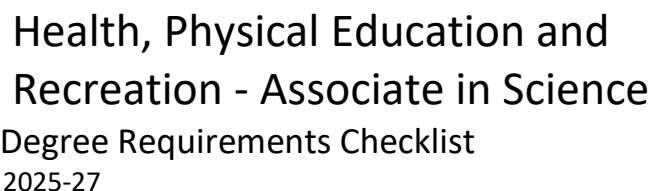
BIOL 2113	Introduction to Nutrition	
HPER 2053	Sociology of Sport	
HPER 2132	Officiating Rules and Procedures (SO)	
HPER 2262	Theory of Coaching	
HPER 1223	Sport Communication	

* 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

FO=FALL ONLY FOO=FALL ODD YRS ONLY FEO=FALL EVEN YRS ONLY

SO=SPRING ONLY SOO=SPRING ODD YRS ONLY SEO=SPRING EVEN YRS ONLY



GENERAL EDUCATION REQUIREMENTS			
6 hrs.	Social Sciences <ul style="list-style-type: none"> GOV 1113 American National Government HIST 1483 American History Survey to 1877 OR HIST 1493 American History Survey since 1877 	4 hrs.	Physical Science <i>Select one of the following:</i> <ul style="list-style-type: none"> AGRI 2144 Fundamentals of Soil Science (SO) CHEM 1114 Introduction to Chemistry CHEM 1315 General Chemistry I ENVS 1114 Introduction to Environmental Science (FO) PHYS 1114 General Physical Science PHYS 1214 Earth Science PHYS 1314 Astronomy PHYS 1414 Physical Geology PHYS 2114 General Physics I (FO) PHYS 2224 General Physics II (SO)
9 hrs.	Language Arts <ul style="list-style-type: none"> ENG 1113 Composition I ENG 1213 Composition II SPCH 1143 Speech 		
6 hrs.	Humanities <i>Select two of the following:</i> <ul style="list-style-type: none"> ART/HUM 1153 Art History I (FO) ART/HUM 1163 Art History II (SO) ART/HUM 1203 Art Appreciation ART 2323 Global Studies in Art (TBD Summer) ENG/HUM 2033 Survey of Native American Literature (SEO) ENG 2403 Global Studies in Language Arts and Humanities (TBD Summer) ENG/HUM 2413 Introduction to Literature (FO) ENG/HUM 2433 World Literature I (SO) ENG/HUM 2443 Introduction to World Mythology (FOO) ENG/HUM 2543 British Literature I (FEO) ENG/HUM 2653 British Literature II (FOO) ENG/HUM 2753 American Literature I (SEO) ENG/HUM 2883 American Literature II (SOO) HIST/HUM 2223 Early Western Civilization to 1660 HIST/HUM 2233 Modern Western Civilization since 1660 HUM 1103 Life of Jesus (SO) HUM 1113 Old Testament (SO) HUM 1143 New Testament (FO) HUM 2123 Multiculturalism through Film HUM 2153 Crime, Delinquency and Social Science Issues through Film (SO) HUM 2173 Introduction to Film & TV (SO) HUM 2323 Social Science Issues as Perceived through Movies HUM 2333 Leadership Development through the Classics HUM 2343 Global Studies in Humanities MUS/HUM 1213 Music Appreciation I MUS/HUM 1223 Music Appreciation II PHIL 1113 Philosophy (FO) SOC 2433 Global Studies in Culture and Diversity (TBD Summer) SPCH/HUM 1523 Introduction to Theatre (FO) 	3 hrs.	Computer Applications <ul style="list-style-type: none"> CAP 1103 Introduction to Microsoft Office
		2 hrs.	Health, Physical Education and Recreation <i>✓ met by program</i>
			Student Success <i>Required during first semester</i> <ul style="list-style-type: none"> STSC 1002 Learning Strategies
			Psychology, Soc. Science, or Fine Arts Elective <i>✓ met by program</i>
		TOTAL REQUIRED GENERAL EDUCATION HOURS	
		37 hrs.	
		MAJOR FIELD REQUIREMENTS <ul style="list-style-type: none"> HPER 1012 Wellness and Human Development HPER 1953 Introduction to Health, Physical Education and Recreation HPER 2222 First Aid and CPR (FO) HPER 2233 Care and Prevention of Athletic Injuries HPER 2413 Applied Anatomy (SO) PSY 1113 General Psychology 	
		16 hrs.	
		MAJOR FIELD ELECTIVES AND SUPPORT** <i>Select from the following:</i> <ul style="list-style-type: none"> BIOL 2113 Introduction to Nutrition HPER 2053 Sociology of Sport HPER 2132 Officiating Rules and Procedures (SO) HPER 2262 Theory of Coaching HPER 1223 Sport Communication 	
		10 hrs.	
		<p>**A maximum of two HPER activity course (2 credit hours) may count toward Associate's Degree</p>	
		TOTAL REQUIRED MAJOR FIELD HOURS	
		26 hrs.	
		MINIMUM TOTAL HOURS REQUIRED FOR ASSOCIATE DEGREE	
		63 hrs.	
3 hrs.	Mathematics <ul style="list-style-type: none"> MATH 1413 Quantitative Reasoning 		
4 hrs.	Life Science <i>Select one of the following:</i> <ul style="list-style-type: none"> AGRI 1104 Introduction to Animal Science (FO) AGRI 1204 Introduction to Plant and Soil Science (SO) BIOL 1114 General Biology BIOL 1214 Principles of Biology BIOL 1224 General Botany (SO) BIOL 1234 General Zoology (SO) 		



Semester by Semester Suggested Degree Plan*

Health, Physical Education and Recreation - Associate in Science

COURSE NUMBER- COURSE DESCRIPTION	HOURS
FRESHMAN YEAR, FALL	
<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
TOTAL:	16
FRESHMAN YEAR, SPRING	
<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
TOTAL:	16
SOPHOMORE YEAR, FALL	
<input type="checkbox"/> HPER 2233 CARE AND PREVENTION OF ATHLETIC INJURIES	3
<input type="checkbox"/> HPER 2222 FIRST AID AND CPR (FO)	2
<input type="checkbox"/> HUM	3
<input type="checkbox"/> MAJOR FIELD ELECTIVE	2
<input type="checkbox"/> PHYSICAL SCIENCE+	4
TOTAL:	14
SOPHOMORE YEAR, SPRING	
<input type="checkbox"/> HUM	3
<input type="checkbox"/> HPER 2413 APPLIED ANATOMY (SO)	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
TOTAL:	17
TOTAL HOURS:	63

*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 SCIENCES:

AGRI 1104, AGRI 1204, BIOL 1114, BIOL 1214, BIOL 1224, BIOL 1234

+PHYSICAL SCIENCES:

AGRI 2144, CHEM 1114, CHEM 1315, ENVS 1114, PHYS 1114, PHYS 1214, PHYS 1314, PHYS 1414, PHYS 2114, PHYS 2224

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