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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 Educa	tion Requ	uirements
GOV	1113	American National Government3
HIST	1483	American History to 1877 or
HIST	1493	American History since 18773
ENG	1113	Composition I3
ENG	1213	Composition II3
SPCH	1143	Speech3
HUM		Any class designated as Humanities6
MATH	1413	Quantitative Reasoning3
SCIENCE		One Life Science with lab and
		One Physical Science with lab8
CAP	1103	Introduction to Microsoft Office3
HPER	1012	met by program
STSC	1002	Learning Strategies2
ELECTIVE		met by program
Major Field Red	quiremen	ts 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 Ele	ctives an	d Support* 10
Select from the		••
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

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



SEMINOLE Health, Physical Education and Recreation - Associate in Science

Degree Requirements Checklist 2023-24

A statewide transfer agreement guarantees students transferring to an Oklahoma public fouryear 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		Computer Applications □ CAP 1103 Introduction to Microsoft Office		
6 hrs.	Social Sciences				
0 1113.	GOV 1113 American National Government		Health, Physical Education and Recreation		
	☐ HIST 1483 American History Survey to 1877 or	2 hrs.	✓ met by program		
	HIST 1493 American History Survey since 1877	2 1113.	Student Success		
9 hrs.			Required during first semester		
91113.	Language Arts		□ STSC 1002 Learning Strategies		
	□ ENG 1113 Composition I		Psychology, Soc. Science, or Fine Arts Elective		
	□ ENG 1213 Composition II		✓ met by program		
	□ SPCH 1143 Speech				
6 hrs.	Humanities	37 hrs.	TOTAL REQUIRED GENERAL EDUCATION HOURS		
	Select two of the following:		TOTAL REQUIRED GENERALE EDUCATION TOOKS		
	□ HUM				
	□ HUM	1 C h			
	any course with HUM prefix (list above) or	16 hrs.	MAJOR FIELD REQUIREMENTS		
	□ ART/HUM 1153 Art History I (FO)		☐ HPER 1012 Wellness and Human Development		
	□ ART/HUM 1163 Art History II (SO)		☐ HPER 1953 Introduction to Health, Physical Education		
	□ ART/HUM 1203 Art Appreciation		and Recreation		
	□ ENG 1803 Native American Literature (SEO)		□ HPER 2222 First Aid and CPR (FO)		
	□ ART 2323 Global Studies in Art (TBD Summer)	1	☐ HPER 2233 Care and Prevention of Athletic Injuries		
	□ ENG 2043 Global Studies in Language Arts	1	□ HPER 2413 Applied Anatomy (SO)		
	and Humanities (TBD Summer)	1	□ PSY 1113 General Psychology		
	□ ENG/HUM 2413 Introduction to Literature (FO)	1			
	□ ENG/HUM 2433 World Literature I (SO)	1			
	• • • • • • • • • • • • • • • • • • • •				
	□ ENG/HUM 2543 British Literature I (FEO)	10 hrs.	MAJOR FIELD ELECTIVES AND SUPPORT**		
	□ ENG/HUM 2653 British Literature II (FOO)	10 1113.	Select from the following:		
	□ ENG/HUM 2753 American Literature I (SEO)		, , ,		
	□ ENG/HUM 2883 American Literature II (SOO)		□ BIOL 2113 Introduction to Nutrition		
	☐ HIST/HUM 2223 Early Western Civilization to 1660		□ HPER 2053 Sociology of Sport		
	☐ HIST/HUM 2233 Modern Western Civilization since 1660		□ HPER 2132 Officiating Rules and Procedures (SO)		
	☐ MUS/HUM 1213 Music Appreciation I		□ HPER 2262 Theory of Coaching		
	☐ MUS/HUM 1223 Music Appreciation II		☐ HPER 1223 Sport Communication		
	☐ PHIL 1113 Introduction to Philosophy (FO)				
	☐ SOC 2433 Global Studies in Culture and Diversity				
	(TBD Summer)		**A maximum of two HPER activity course (2 credit hours)		
	☐ SPCH/HUM 1523 Introduction to Theatre (FO)		may count toward Associate's Degree		
3 hrs.	Mathematics				
	☐ MATH 1413 Quantitative Reasoning	26 hrs.	TOTAL REQUIRED MAJOR FIELD HOURS		
4 hrs.	Life Science				
	Select one of the following:				
	□ AGRI 1104 Introduction to Animal Science	63 hrs.	MINIMUM TOTAL HOURS REQUIRED FOR ASSOCIATE DEGREE		
	□ AGRI 1204 Introduction to Animal Science	1	MINIMONI TOTAL HOORS REQUIRED FOR ASSOCIATE DEGREE		
	□ BIOL 1114 General Biology	1			
	□ BIOL 1214 Principles of Biology	1	revised 11/2018		
	□ BIOL 1224 General Botany	1			
	□ BIOL 1234 General Zoology				
4 hrs.	Physical Science	1			
	Select one of the following:				
	☐ CHEM 1114 Introduction to Chemistry	1			
	☐ CHEM 1315 General Chemistry I	1			
	☐ ENVS 1114 Introduction to Environmental Science	1			
	☐ PHYS 1114 General Physical Science	1			
	□ PHYS 1214 Earth Science	1			
	□ PHYS 1314 Astronomy	1			
	□ PHYS 1414 Physical Geology	1			
1	□ PHYS 2114 General Physics I				
	□ PHYS 2224 General Physics II	1			
	= : 222 : 00::00::11/9:00 !!	1			
		1			
		1			
		1			



Semester by Semester Suggested Degree Plan* Health, Physical Education and Recreation - Associate in Science

COURSE NUMBER- COURSE DESCRIPTION					
FRESHMAN YEAR, FALL					
☐ STSC 1002 LEARNING STRATEGIES		2			
☐ ENG 1113 COMPOSITION I		3			
☐ MATH 1413 QUANTITATIVE REASONING		3			
☐ HPER 1012 WELLNESS AND HUMAN DEVELOPMENT		2			
☐ HIST 1483/1493 AMERICAN HISTORY SURVEY TO 1877 OR SINCE 1877		3			
☐ CAP 1103 INTRODUCTION TO MICROSOFT OFFICE		3			
	TOTAL:	16			
FRESHMAN YEAR, SPRING					
☐ ENG 1213 COMPOSITION II		3			
☐ PSY 1113 GENERAL PSYCHOLOGY		3			
☐ HPER 1953 INTRODUCTION TO HEALTH, PHYSICAL EDUCATION AND RECREATION		3			
☐ GOV 1113 AMERICAN NATIONAL GOVERNMENT		3			
☐ LIFE SCIENCE**		4			
	TOTAL:	16			
SOPHOMORE YEAR, FALL					
☐ HPER 2233 CARE AND PREVENTION OF ATHLETIC INJURIES		3			
☐ HPER 2222 FIRST AID AND CPR (FO)		2 3			
☐ MAJOR FIELD ELECTIVE		2			
☐ PHYSICAL SCIENCE***		4			
	TOTAL:	14			
SOPHOMORE YEAR, SPRING					
□ Ним		3			
\square HPER 2413 APPLIED ANATOMY (SO)		3			
☐ MAJOR FIELD ELECTIVE		2			
☐ MAJOR FIELD ELECTIVE		3			
☐ MAJOR FIELD ELECTIVE		3			
☐ 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.

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

^{**}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