# Health, Physical Education, and Recreation Associate in Science

#### **Degree Program Mentor**

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



Rita Schell
Instructor
405-382-9223
r.schell@sscok.edu
Division Office: 405-382-9252

#### **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.

Comoral Educat	ion Doni	dinamanta 27
General Educat	ion Requ	American National Government
HIST	1483	American History to 1877 or
HIST		American History since 18773
ENG		
ENG		Composition I
		Composition II
	1143	Speech
HUM	1.412	Any class designated as Humanities6
MATH		Quantitative Reasoning3
SCIENC	Œ	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
Maior Field Rec	uirement	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		Care and Prevention of Athletic Injuries
	2413	Applied Anatomy (SO)
PSY	1113	General Psychology
151	1113	General I Sychology
Major Field Elec	ctives and	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
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<sup>\*</sup> 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



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

### Degree Requirements Checklist 2024-25

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.

	2024 25		
	GENERAL EDUCATION REQUIREMENTS		Computer Applications  □ CAP 1103 Introduction to Microsoft Office
6 hrs.	Social Sciences  GOV 1113 American National Government HIST 1483 American History Survey to 1877 or	2.5	Health, Physical Education and Recreation  ✓ met by program
9 hrs.	HIST 1493 American History Survey since 1877  Language Arts	2 hrs.	Student Success Required during first semester
3 1113.	□ ENG 1113 Composition I □ ENG 1213 Composition II □ SPCH 1143 Speech		□ STSC 1002 Learning Strategies  Psychology, Soc. Science, or Fine Arts Elective  ✓ met by program
6 hrs.	Humanities Select two of the following:	37 hrs.	TOTAL REQUIRED GENERAL EDUCATION HOURS
	□ HUM HUM	16 hrs.	
	any course with HUM prefix (list above) or  □ 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	20	MAJOR FIELD REQUIREMENTS  □ 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
	(SEO) □ ENG 2043 Global Studies in Language Arts and Humanities (TBD Summer) □ ENG/HUM 2413 Introduction to Literature (FO)		□ HPER 2413 Applied Anatomy (SO) □ PSY 1113 General Psychology
	□ ENG/HUM 2433 World Literature I (SO) □ ENG/HUM 2543 British Literature I (FEO) □ ENG/HUM 2653 British Literature II (FOO) □ ENG/HUM 2753 American Literature II (SEO) □ ENG/HUM 2883 American Literature II (SOO) □ HIST/HUM 2223 Early Western Civilization to 1660 □ HIST/HUM 2233 Modern Western Civilization since 1660 □ MUS/HUM 1213 Music Appreciation II	10 hrs.	MAJOR FIELD ELECTIVES AND SUPPORT**  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
	<ul> <li>□ PHIL 1113 Introduction to Philosophy (FO)</li> <li>□ SOC 2433 Global Studies in Culture and Diversity</li> <li>(TBD Summer)</li> </ul>		**A maximum of two HPER activity course (2 credit hours) may count toward Associate's Degree
3 hrs.	□ SPCH/HUM 1523 Introduction to Theatre (FO)  Mathematics	26 hrs.	TOTAL REQUIRED MAJOR FIELD HOURS
4 hrs.	☐ MATH 1413 Quantitative Reasoning  Life Science		
	Select one of the following:  □ AGRI 1104 Introduction to Animal Science □ AGRI 1204 Introduction to Plant and Soil Science	63 hrs.	MINIMUM TOTAL HOURS REQUIRED FOR ASSOCIATE DEGREE
	<ul> <li>□ BIOL 1114 General Biology</li> <li>□ BIOL 1214 Principles of Biology</li> <li>□ BIOL 1224 General Botany</li> </ul>		revised 01/2024
4 hrs.	□ BIOL 1234 General Zoology  Physical Science  Select one of the following: □ CHEM 1114 Introduction to Chemistry □ CHEM 1315 General Chemistry I □ ENVS 1114 Introduction to Environmental Science □ PHYS 1114 General Physical Science □ PHYS 1214 Earth Science □ PHYS 1314 Astronomy □ PHYS 1414 Physical Geology □ PHYS 2114 General Physics I □ PHYS 2224 General Physics II		



### 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			
$\Box$ HPER 2222 FIRST AID AND CPR (FO)		2 3			
□ HUM					
☐ MAJOR FIELD ELECTIVE		2			
☐ PHYSICAL SCIENCE***		4			
	TOTAL:	14			
SOPHOMORE YEAR, SPRING					
□ Ним		3			
$\Box$ 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			

<sup>\*</sup>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

<sup>\*\*</sup>LIFE SCIENCE = AGRI 1104, 1204, BIOL 1114, 1214, 1224, OR 1234

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