

# 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 (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





## Semester by Semester Suggested Degree Plan\*

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

COURSE NUMBER- COURSE DESCRIPTION	HOURS
<b>FRESHMAN YEAR, 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, 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, FALL</b>	
<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
<b>TOTAL:</b>	<b>14</b>
<b>SOPHOMORE YEAR, SPRING</b>	
<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
<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

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