

**HEALTH, PHYSICAL EDUCATION, AND RECREATION**

(Note: Program requirements for this degree are offered on NOC Enid and NOC Tonkawa campus only.

At the beginning of each course listing, the four letter abbreviation indicates the department and the four digits indicate the course code used for enrollment. The total course hour value follows each.)

PROGRAM REQUIREMENTS	Credit Hours	SUGGESTED COURSE SEQUENCE	Credit Hours	
<b>GENERAL EDUCATION COURSES</b>	<b>37 TOTAL HOURS</b>	<b>FIRST SEMESTER</b>	<b>16 TOTAL HOURS</b>	<p><b>The Associate in Science degree in Health, Physical Education, and Recreation is designed to prepare students to transfer to a four-year university to pursue a bachelor's degree.</b></p> <p><b>Students should consult the catalog from the institution to which they are planning to transfer to carefully select courses that will meet requirements to complete their bachelor's degree.</b></p> <p><b>Career Opportunities</b></p> <ul style="list-style-type: none"> <li>• <b>Coach</b></li> <li>• <b>Personal Trainer</b></li> <li>• <b>Physical Education</b></li> <li>• <b>Instructor</b></li> </ul> <p>NOC evaluates students for placement into either foundational or college-level courses, whichever will lead to the greatest possibility of student success. Academic placement is determined either by A.C.T. test scores or by Accuplacer test scores. These tests are administered in the Testing Center at NOC. Based upon the scores, students may be required to take one or more courses for remediation in English, Math, or Reading, either prior to or concurrent with credit courses. See the NOC testing web page by clicking on the following link: <a href="http://www.noc.edu/act">ACT   Northern Oklahoma College (http://www.noc.edu/act)</a> for placement guidelines.</p>
ENGLISH COMPOSITION COURSES		ENGL 1113 English Composition I	3 hours	
ENGL 1113 English Composition I	3 hours	MATH 1493 Math Applications (OR)		
ENGL 1213 English Composition II	3 hours	MATH 1513 College Algebra	3 hours	
<b>HISTORY AND GOVERNMENT COURSES</b>		ORNT 1101 Freshman Orientation	1 hour	
HIST 1483 American History to 1877		BSAD 1113 Digital/Financial Literacy	3 hours	
(OR) HIST 1493 American History Since 1877	3 hours	HPET 1132 Sports Officiating I (OR)		
POLI 1113 American Government	3 hours	HPET 1142 Sports Officiating II	2 hours	
<b>HUMANITIES COURSES</b>		HPET 1952 Intro to HPE&R	2 hours	
Electives	6 hours	HPET 2212 First Aid	2 hours	
One 3 hour course to be chosen from those listed with the International Dimension and 3 hours of humanities electives.	3 hours	<b>SECOND SEMESTER</b>	<b>15 TOTAL HOURS</b>	
<b>MATHEMATICS COURSES</b>		ENGL 1213 English Composition II	3 hours	
MATH 1493 Math Applications (OR)		HIST 1483 American History to 1877 (OR) HIST 1493 American History Since 1877	3 hours	
MATH 1513 College Algebra	3 hours	HPET 1223 Health Education & Wellness	3 hours	
<b>SCIENCE COURSES</b>		HPET 1113 Nutrition	3 hours	
Two Sciences with Lab	8 hours	Humanities Elective	3 hours	
<b>COMPUTER SCIENCE COURSES</b>		<b>THIRD SEMESTER</b>	<b>15-16 TOTAL HOURS</b>	
BSAD 1113 Digital/Financial Literacy (or other approved computer course)	3 hours	General Education Electives	3 hours	
<b>ORIENTATION COURSES</b>		Science Elective	4 hours	
ORNT 1101 Freshman Orientation	1 hour	POLI 1113 American Government	3 hours	
<b>GENERAL EDUCATION ELECTIVE COURSES</b>	<b>4 hours</b>	HPET 1950 Physical Ed. Field Experience	1 hour	
Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral Science, or Social Sciences.		Recommended Program Elective	4-5 hours	
<b>PROGRAM REQUIREMENT COURSES</b>	<b>19 TOTAL HOURS</b>	<b>FOURTH SEMESTER</b>	<b>14 TOTAL HOURS</b>	
HPET 1113 Nutrition	3 hours	HPET 2053 Introduction to Coaching	3 hours	
HPET 1132 Sports Officiating I (OR)		HPET 2633 Care and Prevention of Athletic Injuries	3 hours	
HPET 1142 Sports Officiating II	3 hours	General Education Electives	1 hour	
**HPET 2053 Introduction to Coaching	3 hours	Science Elective	4 hours	
HPET 1223 Health Education & Wellness	3 hours	Humanities Elective	3 hours	
HPET 1950 Physical Ed. Field Experience	1 hour			
**HPET 1952 Intro to HPE&R	2 hours			
HPET 2212 First Aid	2 hours			
HPET 2633 Care and Prevention of Athletic Injuries	3 hours			
Substitutions may be made with prior approval.				
<b>RECOMMENDED PROGRAM ELECTIVE COURSES</b>	<b>4-5 TOTAL HOURS</b>	This is a suggested sequence timeline only. A student may require more than four semesters to complete an Associate in Science degree.		
BISI 2214 Human Anatomy & Physiology		**These program courses are typically offered only once a year. See course descriptions for fall or spring designations and plan accordingly.		
(OR) BISI 2104 Human Anatomy (OR)				
PSYC 1113 General Psychology	3 hours			
<i>AND course not taken above in program requirement choice:</i>				
HPET 1132 Sports Officiating I (OR)				
HPET 1142 Sports Officiating II	3 hours			
<b>TOTAL CREDIT HOURS</b>	<b>60</b>			