

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	
GENERAL EDUCATION COURSES	37 TOTAL HOURS	FIRST SEMESTER	16 TOTAL HOURS	<p>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.</p> <p>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.</p> <p>Career Opportunities</p> <ul style="list-style-type: none"> • Coach • Personal Trainer • Physical Education • Instructor <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: ACT Northern Oklahoma College (http://www.noc.edu/act) 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	
HISTORY AND GOVERNMENT COURSES		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	
HUMANITIES COURSES		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	SECOND SEMESTER	15 TOTAL HOURS	
MATHEMATICS COURSES		ENGL 1213 English Composition II	3 hours	
MATH 1493 Math Applications (OR)		HIST 1483 American History to 1877		
MATH 1513 College Algebra	3 hours	(OR) HIST 1493 American History Since 1877	3 hours	
SCIENCE COURSES		HPET 1223 Health Education & Wellness	3 hours	
Two Sciences with Lab	8 hours	HPET 1113 Nutrition	3 hours	
COMPUTER SCIENCE COURSES		Humanities Elective	3 hours	
BSAD 1113 Digital/Financial Literacy (or other approved computer course)	3 hours	THIRD SEMESTER	15-16 TOTAL HOURS	
ORIENTATION COURSES		General Education Electives	3 hours	
ORNT 1101 Freshman Orientation	1 hour	Science Elective	4 hours	
GENERAL EDUCATION ELECTIVE COURSES	4 hours	POLI 1113 American Government	3 hours	
Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral Science, or Social Sciences.		HPET 1950 Physical Ed. Field Experience	1 hour	
PROGRAM REQUIREMENT COURSES	19 TOTAL HOURS	Recommended Program Elective	4-5 hours	
HPET 1113 Nutrition	3 hours	FOURTH SEMESTER	14 TOTAL HOURS	
HPET 1132 Sports Officiating I (OR)		HPET 2053 Introduction to Coaching	3 hours	
HPET 1142 Sports Officiating II	3 hours	HPET 2633 Care and Prevention of Athletic Injuries	3 hours	
**HPET 2053 Introduction to Coaching	3 hours	General Education Electives	1 hour	
HPET 1223 Health Education & Wellness	3 hours	Science Elective	4 hours	
HPET 1950 Physical Ed. Field Experience	1 hour	Humanities Elective	3 hours	
**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.				
RECOMMENDED PROGRAM ELECTIVE COURSES	4-5 TOTAL HOURS	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			
AND course not taken above in program requirement choice:				
HPET 1132 Sports Officiating I (OR)				
HPET 1142 Sports Officiating II	3 hours			
TOTAL CREDIT HOURS	60			