

**HEALTH, PHYSICAL EDUCATION, AND RECREATION – PERSONAL TRAINING OPTION**

(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		SUGGESTED COURSE SEQUENCE		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.
	Credit Hours		Credit Hours	
GENERAL EDUCATION COURSES	37 TOTAL HOURS	FIRST SEMESTER	16 TOTAL HOURS	<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>
ENGLISH COMPOSITION COURSES		ENGL 1113 English Composition I	3 hours	
ENGL 1113 English Composition I	3 hours	CS 1113 Computer Concepts (OR)	3 hours	<b>Career Opportunities</b>
ENGL 1213 English Composition II	3 hours	BSAD 1113 Digital/Financial Literacy	3 hours	
HISTORY AND GOVERNMENT COURSES		ORNT 1101 Freshman Orientation	1 hour	
HIST 1483 American History to 1877 (OR) HIST 1493 American History Since 1877	3 hours	HPET 1233 Intro to Personal Training I	3 hours	
POLI 1113 American Government	3 hours	HPET 1233 Personal Training-Practicum I	2 hours	
HUMANITIES COURSES		HPET 2212 First Aid	2 hours	
Electives	6 hours	HPET 1952 Intro to HPER	2 hours	
One 3 hour course to be chosen from those listed with the International Dimension and 3 hours of humanities electives.		SECOND SEMESTER	15 TOTAL HOURS	
MATHEMATICS COURSES		ENGL 1213 English Composition II	3 hours	
MATH 1493 Math Applications (OR)		MATH 1493 Math Applications (OR)		
MATH 1513 College Algebra	3 hours	MATH 1513 College Algebra	3 hours	
SCIENCE COURSES		BISI 1114 General Biology	3 hours	
BISI 1114 General Biology	4 hours	HPET 1243 Intro to Personal Training II	3 hours	
BISI 2104 Human Anatomy	4 hours	HPET 1242 Personal Training-Practicum II	2 hours	
COMPUTER SCIENCE COURSES		THIRD SEMESTER	16 TOTAL HOURS	
CS 1113 Computer Concepts (OR)		HIST 1483 American History to 1877 (OR) HIST 1493 American History Since 1877	3 hours	
BSAD 1113 Digital/Financial Literacy (or other approved computer course)	3 hours	BISI 2104 Human Anatomy	4 hours	
ORIENTATION COURSES		HPET 1113 Nutrition	3 hours	
ORNT 1101 Freshman Orientation	1 hour	Humanities Elective	3 hours	
GENERAL EDUCATION ELECTIVE COURSES	4 hours	General Education Electives	3 hours	
Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral Science, or Social Sciences.		FOURTH SEMESTER	13 TOTAL HOURS	
PROGRAM REQUIREMENT COURSES	21 TOTAL HOURS	HPET 1223 Health Education & Wellness	3 hours	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 ( <a href="http://www.noc.edu/act">http://www.noc.edu/act</a> ) for placement guidelines.
HPET 1113 Nutrition	3 hours	HPET 2633 Care & Prevention of Athletic Injuries	3 hours	
**HPET 1233 Intro to Personal Training I	3 hours	POLI 1113 American Government	3 hours	
**HPET 1243 Intro to Personal Training II	3 hours	Humanities Elective	4 hours	
HPET 1223 Health Education & Wellness	3 hours	General Education Elective	1 hour	
**HPET 1232 Personal Training-Practicum I	2 hours			
**HPET 1242 Personal Training-Practicum II	2 hours			
HPET 2212 First Aid	2 hours			
HPET 2633 Care & Prevention of Athletic Injuries	3 hours			
Substitutions may be made with prior approval.				
RECOMMENDED PROGRAM ELECTIVE COURSES	2 TOTAL HOURS			
**HPET 1952 Intro to HPER	2 hours			
Students may replace this class with an additional two hours of general education electives.				
<b>TOTAL CREDIT HOURS</b>	<b>60</b>			