

**Health, Physical Education, and Recreation—Personal Training Option**

PROGRAM REQUIREMENTS	Credit Hours
GENERAL EDUCATION .....	37
ENGLISH COMPOSITION	
ENGL 1113 English Composition I .....	3
ENGL 1213 English Composition II .....	3
HISTORY AND GOVERNMENT	
HIST 1483 American History to 1877 (or)	
HIST 1493 Am. History Since 1877 .....	3
POLI 1113 American Government .....	3
HUMANITIES	
Electives.....	6
One 3-hour course to be chosen from those listed with International Dimension and 3 hours of humanities electives.	
MATHEMATICS	
MATH 1493 Math Applications (or)	
MATH 1513 College Algebra .....	3
SCIENCE	
BISI 1114 General Biology.....	4
BISI 2104 Human Anatomy .....	4
COMPUTER SCIENCE	
CS 1113 Computer Concepts (or)	
BSAD 1113 Digital/Financial Literacy ...	3
ORIENTATION	
ORNT 1101 Freshman Orientation .....	1
GENERAL EDUCATION ELECTIVES .....	4
Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral or Social Sciences	
PROGRAM REQUIREMENTS .....	21
HPET 1113 Nutrition .....	3
**HPET 1233 Intro to Pers Training I .....	3
**HPET 1243 Intro to Pers Training II .....	3
HPET 1223 Health Ed. and Wellness .....	3
**HPET 1232 Pers Training Practicum I.....	2
**HPET 1242 Pers Training Practicum II.....	2
HPET 2212 First Aid.....	2
HPET 2633 Care and Prevention of Athletic Injuries.....	3
Substitutions may be made with prior approval.	
RECOMMENDED PROGRAM ELECTIVE .....	2
**HPET 1952 Intro to HPER.....	2
Students may replace this class with an additional two hours of general education electives.	
TOTAL CREDIT HOURS .....	60

SUGGESTED COURSE SEQUENCE	Credit Hours
FIRST SEMESTER .....	16
ENGL 1113 English Composition I .....	3
CS 1113 Computer Concepts (or)	
BSAD 1113 Digital/Financial Literacy.....	3
ORNT 1101 Freshman Orientation .....	1
HPET 1233 Intro to Pers Training I .....	3
HPET 1232 Pers Training Practicum I .....	2
HPET 2212 First Aid .....	2
HPET 1952 Intro to HPER .....	2
SECOND SEMESTER .....	15
ENGL 1213 English Composition II .....	3
BISI 1114 General Biology .....	4
MATH 1493 Math Applications(or)	
MATH 1513 College Algebra .....	3
HPET 1243 Intro to Pers Training II.....	3
HPET 1242 Pers Training Practicum II .....	2
THIRD SEMESTER .....	16
General Education Electives .....	3
BISI 2104 Human Anatomy .....	4
Humanities Elective .....	3
HPET 1113 Nutrition .....	3
HIST 1483 American History to 1877 (or)	
HIST 1493 American History Since 1877 ....	3
FOURTH SEMESTER.....	13
General Education Electives .....	1
Humanities Elective .....	3
HPET 1233 Health Ed & Wellness .....	3
HPET 2633 Care & Prevention of Ath Injuries .	3
POLI 1113 American Government .....	3

This is a suggested sequence timeline only. A student may require more than four semesters to complete this Associate in Science degree.

\*\*These program courses are typically offered only once a year. See course descriptions for fall or spring designations and plan accordingly.

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. 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.

- Career Opportunities**
- Coach
  - Personal Trainer
  - Physical Education Instructor

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 ACT test scores or by COMPASS test scores. These tests are administered in the Testing Center at NOC. Based upon the scores, some or all of the following four (4) courses may need to be taken:

- MATH 0023 Concepts of Algebra
- MATH 0123 Intermediate Algebra
- ENGL 0123 Basic Composition
- READ 0123 Critical Reading and Scientific Reasoning