

Health, Physical Education, and Recreation

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

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	
Two Sciences with Lab	8
COMPUTER SCIENCE	
BSAD 1113 Digital/Financial Literacy	3
(or other approved computer course)	
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	19
HPET 1113 Nutrition	3
HPET 1132 Sports Officiating I (or)	
HPET 1142 Sports Officiating II	2
**HPET 2053 Introduction to Coaching	3
HPET 1223 Health Ed. and Wellness	3
HPET 1950 Physical Ed. Field Exp	1
**HPET 1952 Introduction to HPE&R	2
HPET 2212 First Aid	2
HPET 2633 Care and Prevention of Athletic Injuries	3
Substitutions may be made with prior approval.	
RECOMMENDED PROGRAM ELECTIVES	4-5
BISI 2214 Human Anatomy and Physiology 4	
OR	
BISI 2104 Human Anatomy	4
OR	
PSYC 1113 General Psychology	3
AND course not taken above in program requirement choice:	
HPET 1132 Sports Officiating I (or)	
HPET 1142 Sports Officiating II	2
TOTAL CREDIT HOURS	60

SUGGESTED COURSE SEQUENCE

	Credit Hours
FIRST SEMESTER	16
ENGL 1113 English Composition I	3
BSAD 1113 Digital/Financial Literacy	3
ORNT 1101 Freshman Orientation	1
HPET 1132 Sports Officiating I (or)	
HPET 1142 Sports Officiating II	2
HPET 1952 Introduction to HPE&R	2
HPET 2212 First Aid	2
MATH 1493 Math Applications	3
SECOND SEMESTER	15
ENGL 1213 English Composition II	3
HIST 1483 American History to 1877 (or)	
HIST 1493 American History Since 1877	3
Humanities Elective	3
HPET 1223 Health Ed. and Wellness	3
HPET 1113 Nutrition	3
THIRD SEMESTER	15-16
General Education Electives	3
Science Elective	4
POLI 1113 American Government	3
HPET 1950 Physical Ed. Field Experience	1
Recommended Program Elective	4-5
FOURTH SEMESTER	14
General Education Electives	1
Science Elective	4
Humanities Elective	3
HPET 2053 Introduction to Coaching	3
HPET 2633 Care & Prevention of Ath Injuries	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 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 at <http://www.noc.edu/act> for placement guidelines.