

**Associate in Science Degree**  
**Northern Oklahoma College**  
*Division of Health, Physical Education, and Recreation*

**Bachelor of Science Degree**  
**Northwestern Oklahoma State University**  
*School of Education*

**Health, Physical Education, and Recreation**

The Associate in Science degree program in Health, Physical Education, and Recreation consists of 60 hours designed to provide the student with the first two years of general education and program requirements for transfer seamlessly to the Bachelor of Science degree in Health and Sports Science Education at Northwestern Oklahoma State University.

**Health and Sports Science Education  
Option I**

Transfer students who have completed an Associate in Science degree in Health, Physical Education and Recreation from Northern Oklahoma College will have met the NWOSU General Education Requirements.

PROGRAM REQUIREMENTS		Credit Hours
<b>GENERAL EDUCATION</b> -----		<b>37</b>
ENGLISH COMPOSITION		
ENGL 1113 English Composition I -----	3	_____
ENGL 1213 English Composition II -----	3	_____
HISTORY AND GOVERNMENT		
HIST 1483 American History to 1865 (or)		
HIST 1493 American History since 1865 -----	3	_____
POLI 1113 American National Government -----	3	_____
HUMANITIES		
PHIL 2213 Ethics (or) -----	3	_____
PHIL 2223 Business Ethics and one course to be chosen from those listed with International Dimension-----	3	_____
MATHEMATICS		
MATH 1513 College Algebra or higher -----	3	_____
SCIENCE		
Two sciences with lab -----	8	_____
COMPUTER SCIENCE		
BSAD 1113 Digital/Financial Literacy----- (or other approved computer course)	3	_____
ORIENTATION		
ORNT 1101 Freshman Orientation -----	1	_____
GENERAL EDUCATION ELECTIVES -----		
Select courses from Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral or Social Sciences	4	_____
<b>PROGRAM REQUIREMENTS</b> -----		<b>19</b>
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 HPER -----	2	_____
HPET 2212 First Aid -----	2	_____
HPET 2633 Care and Prevention of Athletic Injuries -----	3	_____
<b>RECOMMENDED PROGRAM ELECTIVES</b> -----		<b>5-6</b>
BISI 2214 Human Anatomy and Physiology (or)		
BISI 2104 Human Anatomy -----	4	_____
OR		
PSYC General Psychology -----	3	_____
AND course not taken above in program requirement choice:		
HPET 1132 Sports Officiating I (or)		
HPET 1142 Sports Officiating II -----	2	_____
<b>TOTAL CREDIT HOURS</b> -----		<b>60</b>

PROGRAM REQUIREMENTS		Credit Hours
<b>MAJOR REQUIREMENTS</b> -----		<b>40</b>
PE&R 1462 Concepts of Aerobics -----	2	_____
*H ED 1820 Nutrition -----	2	_____
H ED 2102 School and Community Health-----	2	_____
*H ED 2211 Injuries and First Aid-----	1	_____
*H ED 2221 Advanced First Aid-----	1	_____
*H ED 2303 Wellness Concepts-----	3	_____
*H ED 3103 Athletic Injuries-----	3	_____
H ED 3112 Adapted Physical Education -----	2	_____
PE&R 3662 Recreational Leadership-----	2	_____
H ED 4112 Organization & Administration of H&PE-----	2	_____
PE&R 4502 Legal Liabilities in Sports & Recreation-----	2	_____
PE&R 4603 Kinesiology/Motor Learning-----	3	_____
PE&R 4622 Organization & Management Intramural Spts---	2	_____
Elective H&PE Theory-----	13	_____
Elective theory chosen from:		
H ED 1252 Intro to Health & PE		
H ED 2601 Techniques of Teaching Team Sports		
H ED 2611 Techniques of Teaching Individual/Dual Sports		
H ED 2621 Techniques of Teaching Rhythms and Aquatics		
H ED 3133 Advanced Athletic Injuries		
H ED 3202 Therapeutic Recreation		
H ED 3221 Teaching Community Activities I		
H ED 3231 Teaching Community Activities II		
H ED 3212 Fitness Assessment & Exercise Prescription		
H ED 4470 Independent Study in Health Education		
H ED 4480 Seminar in Health Education		
PE&R 3632 Sports Officiating		
PE&R 3650 Elementary School Program (3 hours)		
PE&R 3693 Physiology of Exercise		
PE&R 4632 Theory of Coaching Football		
PE&R 4642 Theory of Coaching Basketball		
PE&R 4652 Theory of Coaching Baseball		
PE&R 4662 Theory of Coaching Track		
PE&R 4672 Theory of Coaching		
PE&R 4470 Independent Study in Physical Education or Recreation		
PE&R 4480 Seminar in Physical Education or Recreation		
PE&R 4490 Reading in Physical Education		
*Students who complete these courses at NOC are not required to take them again at NWOSU.		
NOTE: It is recommended students take General Chemistry I or Chemistry for Non-Majors as one of the sciences.		