

## 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.)

<p><b>Program Requirements</b></p> <p><b>General Education Courses - 37 Total Credit Hours</b></p> <p><b>English Composition Courses</b></p> <p>ENGL 1113 English Composition I 3 hours</p> <p>ENGL 1213 English Composition II 3 hours</p> <p><b>History &amp; Government Courses</b></p> <p>HIST 1483 Amer. History to 1877 3 hours</p> <p>(or) HIST 1493 Amer. History Since 1877</p> <p>POLI 1113 American Government 3 hours</p> <p><b>Humanities Courses</b></p> <p>Electives 6 hours</p> <p>One 3 hour course to be chosen from those listed with the International Dimension and 3 hours of humanities electives.</p> <p><b>Mathematics Courses</b></p> <p>MATH 1493 Math Applications 3 hours</p> <p>(or) other college-level math</p> <p><b>Science Courses</b></p> <p>Two Sciences with Lab 8 hours</p> <p><b>Computer Science Courses</b></p> <p>BADM 1113 Digital/Financial Literacy 3 hours</p> <p>(or other approved computer course)</p> <p><b>Orientation Courses</b></p> <p>ORNT 1101 Freshman Orientation 1 hour</p> <p><b>General Education Elective Courses</b> 4 hours</p> <p>Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral or Social Sciences.</p> <p><b>Program Requirement Courses - 19 Total Hours</b></p> <p>HPET 1113 Nutrition 3 hours</p> <p>HPET 1132 Sports Officiating I 3 hours</p> <p>(or) HPET 1142 Sports Officiating II</p> <p>**HPET 2053 Introduction to Coaching 3 hours</p> <p>HPET 1223 Health Education &amp; Wellness 3 hours</p> <p>HPET 1950 Physical Ed. Field Experience 1 hour</p> <p>**HPET 1952 Intro to HPE&amp;R 2 hours</p> <p>HPET 2212 First Aid 2 hours</p> <p>HPET 2633 Care &amp; Prev of Athl Injuries 3 hours</p> <p><i>Substitutions may be made with prior approval.</i></p> <p><b>Recommended Program Elective Courses-4 Total Hours (Gen ed hrs may be taken from list below as well.)</b></p> <p>BIOL 2214 Human Anatomy &amp; Physiology 3 hours</p> <p>(or) BIOL 2104 Human Anatomy</p> <p>(or) PSYC 1113 General Psychology</p> <p><b>AND</b> course not taken above in program requirement choice:</p> <p>HPET 1132 Sports Officiating I 3 hours</p> <p>(or) HPET 1142 Sports Officiating II</p> <p><b>Total Credit Hours 60 hours</b></p>	<p><b>Suggested Course Sequence:</b></p> <p><b>First Semester 16 Total Credit Hours</b></p> <p>ENGL 1113 English Composition I 3 hours</p> <p>MATH 1493 Math Applications 3 hours</p> <p>BADM 1113 Digital/Financial Literacy 3 hours</p> <p>ORNT 1101 Freshman Orientation 1 hour</p> <p>HPET 1132 Sports Officiating I 2 hours</p> <p>(or) HPET 1142 Sports Officiating II</p> <p>HPET 1952 Intro to HPE&amp;R 2 hours</p> <p>HPET 2212 First Aid 2 hours</p> <p><b>Second Semester 15 Total Credit Hours</b></p> <p>ENGL 1213 English Composition II 3 hours</p> <p>HIST 1483 Amer. History to 1877 3 hours</p> <p>(or) HIST 1493 Amer. History Since 1877</p> <p>HPET 1223 Health Education &amp; Wellness 3 hours</p> <p>HPET 1113 Nutrition 3 hours</p> <p>Humanities Elective 3 hours</p> <p><b>Third Semester 16 Total Credit Hours</b></p> <p>General Education Electives 4 hours</p> <p>Science Elective 4 hours</p> <p>POLI 1113 American Government 3 hours</p> <p>HPET 1950 Physical Ed. Field Experience 1 hour</p> <p>Recommended Program Elective 4 hours</p> <p><b>Fourth Semester 13 Total Credit Hours</b></p> <p>HPET 2053 Introduction to Coaching 3 hours</p> <p>HPET 2633 Care and Prevention of Athletic Injuries 3 hours</p> <p>Science Elective 4 hours</p> <p>Humanities Elective 3 hours</p> <p><i>This is a suggested sequence timeline only. A student may require more than four semesters to complete an Associate in Science degree.</i></p> <p><b>**These program courses are typically offered only once a year. See course descriptions for fall or spring designations and plan accordingly.</b></p>	<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><b>Career Opportunities</b></p> <p>Coach</p> <p>Personal Trainer</p> <p>Physical Education Instructor</p> <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 by A.C.T. test scores--primary or a residual 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: <a href="http://www.noc.edu/act">http://www.noc.edu/act</a> for placement guidelines.</p>
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