

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 General Education Courses - 37 Total Credit Hours English Composition Courses ENGL 1113 English Composition I 3 hours ENGL 1213 English Composition II 3 hours History & Government Courses HIST 1483 Amer. History to 1877 3 hours (or) HIST 1493 Amer. History Since 1877 POLI 1113 American Government 3 hours Humanities Courses Electives 6 hours One 3 hour course to be chosen from those listed with the International Dimension and 3 hours of humanities electives. Mathematics Courses MATH 1493 Math Applications 3 hours (or) other college-level math Science Courses BIOL 1114 General Biology 4 hours BIOL 2104 Human Anatomy 4 hours Computer Science Courses CMSC 1113 Computer Concepts 3 hours (or) BADM 1113 Digital/Financial Literacy (or other approved computer course) Orientation Courses ORNT 1101 Freshman Orientation 1 hour General Education Elective Courses 4 hours Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral or Social Sciences. Program Requirement Courses - 21 Total Hours HPET 1113 Nutrition 3 hours HPET 1223 Health Education & Wellness 3 hours **HPET 1232 Personal Training-Practicum I 2 hours **HPET 1233 Intro to Personal Training I 3 hours **HPET 1242 Personal Training-Practicum II 2 hours **HPET 1243 Intro to Personal Training II 3 hours HPET 2212 First Aid 2 hours HPET 2633 Care & Prevention of Athletic Injuries 3 hours <i>Substitutions may be made with prior approval.</i> Recommended Program Elective Courses - 2 Total Hours **HPET 1952 Intro to HPER 2 hours <i>Students may replace this class with an additional two hours of general education electives.</i> Total Credit Hours 60 hours	Suggested Course Sequence: First Semester 16 Total Credit Hours ENGL 1113 English Composition I 3 hours CMSC 1113 Computer Concepts 3 hours (or) BADM 1113 Digital/Financial Literacy ORNT 1101 Freshman Orientation 1 hour HPET 1233 Intro to Personal Training I 3 hours HPET 1233 Personal Training-Practicum I 2 hours HPET 2212 First Aid 2 hours HPET 1952 Intro to HPER 2 hours (recommended program elective) Second Semester 15 Total Credit Hours ENGL 1213 English Composition II 3 hours MATH 1493 Math Applications 3 hours BIOL 1114 General Biology 4 hours HPET 1243 Intro to Personal Training II 3 hours HPET 1242 Personal Training-Practicum II 2 hours Third Semester 15 Total Credit Hours HIST 1483 American History to 1877 3 hours (or) HIST 1493 American History Since 1877 BIOL 2104 Human Anatomy 4 hours HPET 1113 Nutrition 3 hours Humanities Elective 3 hours General Education Electives 2 hours Fourth Semester 14 Total Credit Hours POLI 1113 American Government 3 hours Humanities Elective 3 hours HPET 1223 Health Ed & Wellness 3 hours HPET 2633 Care & Prevention of Athletic Injuries 3 hours General Education Elective 2 hours <i>This is a suggested sequence timeline only. A student may require more than four semesters to complete an Associate in Science degree.</i> **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 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 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: http://www.noc.edu/act for placement guidelines.
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