

## Health, Physical Education, and Recreation: Personal Training Option CHERN Associate in Science Life Division of Health, Physical Education, and Recreation

Life changing.

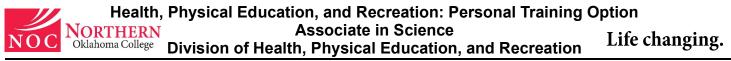
This degree is offered on NOC Enid and NOC Tonkawa campuses.

Pro	gram Re	quirem	ents 60 Total Credit Hours						
General Education Courses 37 Total Credit Hours					Pro	21 hours			
English Composition Courses						HPET	1113	Nutrition	3 hours
	ENGL	1113	English Composition I	3 hours		HPET	1223	Health Ed. & Wellness	3 hours
	ENGL	1213	English Composition II	3 hours	*	HPET	1232	Personal Training Pract. I	2 hours
History & Government Courses				*	HPET	1233	Intro to Personal Training I	3 hours	
	HIST	1483	American History to 1877	3 hours	*	HPET	1242	Personal Training Pract. II	2 hours
or	HIST	1493	American History Since 1877		*	HPET	1243	Intro to Personal Training II	3 hours
	POLI	1113	American Government	3 hours		HPET	2212	First Aid	2 hours
Hur	nanities C	courses				HPET	2633	Care & Prevention of	3 hours
	Elective			6 hours				Athletic Injuries	
	One 3 hour course to be chosen from those listed with the International Dimension and 3 hours of humanities electives.								
Mathematics Courses				Recommended Program Elective Course				2 hours	
	MATH	1493	Math Applications	3 hours	*	HPET	1952	Intro to HPE&R	2 hours
or Other college-level math							e this class with an additional t	wo hours	
Science Courses				ofg	general ec	ducation	electives.		
	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	3 hours					
or Other approved computer course									
Orientation Course									
	ORNT	1101	Freshman Orientation	1 hour					
Ger	General Education Elective Course 4 hours								
Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral or Social Sciences				*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



This suggested curriculum includes degree requirements and courses that are usually completed in the first two years of a four-year curriculum. Consult with the university or college of your choice and its catalog curriculum as you make plans on where to transfer. Be careful to select the courses that will meet all requirements for both the Associate and Baccalaureate degree programs.

Year One						
		Fall Semester	Spring Semester			
ENGL	1113	English Composition I	ENGL	1213	English Composition II	
CMSC	1113	Computer Concepts	MATH	1493	Math Applications	
or			or		Other college-level math	
BADM	1113	Digital/Financial Literacy	BIOL	1114	General Biology	
ORNT	1101	Freshman Orientation	*HPET	1243	Intro to Personal Training II	
*HPET	1233	Intro to Personal Training I	*HPET	1242	Personal Training Practicum II	
*HPET	1232	Personal Training -Practicum I				
HPET	2212	First Aid				
HPET	1952	Intro to HPER				
	(Recommended Program Elective)					
Total: 10	Total: 16 credit hours			Total 15 credit hours		

Year Two								
Fall Semester				Spring Semester				
HIST	1483	American History to 1877	POLI	1113	American Government			
or				3 hours	Humanities Elective			
HIST	1493	American History since 1877	HPET	1223	Health Ed & Wellness			
BIOL	2104	Human Anatomy	HPET	1113	Nutrition			
HPET	2633	Care & Prevention of Athletic Injuries		2 hours	General Education Elective			
	3 hours	s Humanities Elective		*These program courses are typically offered only once a year.				
	2 hours	General Education Electives	See course descriptions for fall or spring designations and plan accordingly.					
Total 15	Total 15 credit hours				Total 14 credit hours			

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 A.C.T. 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 by clicking on the following link: <a href="http://www.noc.edu/act">http://www.noc.edu/act</a> for placement guidelines.