



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

**Program Requirements 60 Total Credit Hours**

<b>General Education Courses</b>				<b>Program Requirement Courses</b>			
<b>37 Total Credit Hours</b>				<b>21 hours</b>			
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
Humanities 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				<b>Recommended Program Elective Course</b>			
MATH 1493	Math Applications	3 hours		* HPET 1952	Intro to HPE&R		2 hours
or Other college-level math				Students may replace this class with an additional two hours of general education electives.			
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	3 hours					
or Other approved computer course							
Orientation Course							
ORNT 1101	Freshman Orientation	1 hour					
General Education Elective Course							
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**

<b>Fall Semester</b>			<b>Spring Semester</b>		
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: 16 credit hours			Total 15 credit hours		

**Year Two**

<b>Fall Semester</b>			<b>Spring Semester</b>		
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	Humanities Elective	*These program courses are typically offered only once a year. See course descriptions for fall or spring designations and plan accordingly.		
	2 hours	General Education Electives			
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: <http://www.noc.edu/act> for placement guidelines.