Division of Health, Physical Education, and Recreation

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

| Program Requirements 60 Total Credit Hours |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| General Education Courses 37 Total Credit Hours | Program Requirement Courses |  |  | 20 hours |
| English Composition Courses | HPET | 1113 | Nutrition | 3 hours |
| ENGL 1113 English Composition I 3 hours | HPET | 1132 | Sports Officiating I | 2 hours |
| ENGL 1213 English Composition II 3 hours | or HPET | 1142 | Sports Officiating II |  |
| History \& Government Courses | ** HPET | 2053 | Introduction to Coaching | 3 hours |
| HIST 1483 American History to 1877 3 hours | HPET | 1223 | Health Ed. \& Wellness | 3 hours |
| or HIST 1493 American History Since 1877 | HPET | 1950 | Physical Ed Field Exp. | 1 hour |
| POLI 1113 American Government 3 hours | ** HPET | 1952 | Intro to HPER | 2 hours |
| Humanities Courses | HPET | 2212 | First Aid | 2 hours |
| Electives 6 hours | HPET | 2633 | Care \& Prev of Ath Injuries | 3 hours |
| One 3 hour course to be chosen from those listed with the |  |  |  |  |
| Mathematics Courses | BIOL | 2214 | Human Anatomy \& Physio. | 3-4 hours |
| MATH 1493 Math Applications 3 hours | or BIOL | 2104 | Human Anatomy |  |
| or Other college-level math | or PSYC | 1113 | General Psychology |  |
| Science Courses | AND course not take above in program requirement choice: |  |  |  |
| Two Sciences with labs 8 hours | HPET | 1132 | Sports Officiating I | 2 hours |
| Computer Science Courses | or HPET | 1142 | Sports Officiating II |  |
| BADM 1113 Digital/Financial Literacy 3 hours |  |  |  |  |
| or Other approved computer course |  |  |  |  |
| Orientation Course |  |  |  |  |
| ORNT 1101 Freshman Orientation 1 hour |  |  |  |  |
| 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.

| Fall Semester |  |  |  |  |  |
| :---: | :--- | :--- | :--- | :--- | :--- |
| One |  |  |  |  |  |
| ENGL | 1113 | English Composition I | Spring Semester |  |  |
| MATH | 1493 | Math Applications | HIST | 1483 | American History to 1877 |
| or | Other college-level math | or |  |  |  |
| ORNT | 1101 | Freshman Orientation | HIST | 1493 | American History from 1877 |
| BADM | 1113 | Digital/Financial Literacy | HPET | 1223 | Health Education \& Wellness |
| HPET | 1132 | Sports Officiating I | HPET | 1113 | Nutrition |
| or | 1142 | Sports Officiating II |  | 3 hours | Humanities Elective |
| HPET | 1952 | Intro to HPE\&R |  |  |  |
| HPET | 2212 | First Aid |  |  |  |
| Total: 16 credit hours | Total 15 credit hours |  |  |  |  |


| Fall Semester |  |  |  |  |  |  |  | Two |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Spring Semester |  |  |  |  |  |  |  |
|  | 4 hours | General Education Electives | HPET | 2053 | Intro to Coaching |  |  |  |  |  |
|  | 4 hours | Science Elective | HPET | 2633 | Care \& Prevention of Athletic Injuries |  |  |  |  |  |
| POLI | 1113 | American National Government |  | 4 hours | Science Elective |  |  |  |  |  |
| *HPET | 1950 | Physical Education Field Experience |  | 3 hours | Humanities Elective |  |  |  |  |  |
|  | 4 hours | Recommended Program Elective |  |  |  |  |  |  |  |  |
| * Offered Fall semester in Enid, spring semester in Tonkawa |  |  |  |  |  |  |  |  |  |  |
| Total 16 credit hours | Total 13 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.edulact for placement guidelines.

