

Associate in Science Degree
Northern Oklahoma College
Division of Health, Physical Education, and Recreation

Bachelor of Science Degree
Northwestern Oklahoma State University
School of Education

Health, Physical Education, and Recreation

The Associate in Science degree program in Health, Physical Education, and Recreation consists of 60 hours designed to provide the student with the first two years of general education and program requirements for transfer seamlessly to the Bachelor of Science degree in Health and Sports Science Education at Northwestern Oklahoma State University.

**Health and Sports Science Education
Option I**

Transfer students who have completed an Associate in Science degree in Health, Physical Education and Recreation from Northern Oklahoma College will have met the NWOSU General Education Requirements.

| PROGRAM REQUIREMENTS | | |
|--|--------------|---|
| | Credit Hours | |
| GENERAL EDUCATION ----- | 37 | |
| ENGLISH COMPOSITION | | |
| ENGL 1113 English Composition I ----- | 3 | |
| ENGL 1213 English Composition II ----- | 3 | |
| HISTORY AND GOVERNMENT | | |
| HIST 1483 American History to 1865 (or) | | |
| HIST 1493 American History since 1865 ----- | 3 | |
| POLI 1113 American National Government ----- | 3 | |
| HUMANITIES | | |
| PHIL 2213 Ethics (or) ----- | 3 | |
| PHIL 2223 Business Ethics and one course to be chosen from those listed with International Dimension----- | 3 | |
| MATHEMATICS | | |
| MATH 1513 College Algebra or higher ----- | 3 | |
| SCIENCE | | |
| Two sciences with lab ----- | 8 | |
| COMPUTER SCIENCE | | |
| BSAD 1113 Digital/Financial Literacy----- (or other approved computer course) | 3 | |
| ORIENTATION | | |
| ORNT 1101 Freshman Orientation ----- | 1 | |
| GENERAL EDUCATION ELECTIVES ----- | | 4 |
| Select courses from Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral or Social Sciences | | |
| PROGRAM REQUIREMENTS ----- | 19 | |
| HPET 1113 Nutrition ----- | 3 | |
| HPET 1132 Sports Officiating I (or) | | |
| HPET 1142 Sports Officiating II ----- | 2 | |
| HPET 2053 Introduction to Coaching ----- | 3 | |
| HPET 1223 Health Ed and Wellness ----- | 3 | |
| HPET 1950 Physical Ed Field Exp ----- | 1 | |
| HPET 1952 Introduction to HPER ----- | 2 | |
| HPET 2212 First Aid ----- | 2 | |
| HPET 2633 Care and Prevention of Athletic Injuries ----- | 3 | |
| RECOMMENDED PROGRAM ELECTIVES ----- | 5-6 | |
| BISI 2214 Human Anatomy and Physiology (or) | | |
| BISI 2104 Human Anatomy ----- | 4 | |
| OR | | |
| PSYC General Psychology ----- | 3 | |
| AND course not taken above in program requirement choice: | | |
| HPET 1132 Sports Officiating I (or) | | |
| HPET 1142 Sports Officiating II ----- | 2 | |
| TOTAL CREDIT HOURS ----- | 60 | |

| PROGRAM REQUIREMENTS | |
|---|--------------|
| | Credit Hours |
| MAJOR REQUIREMENTS ----- | 40 |
| PE&R 1462 Concepts of Aerobics ----- | 2 |
| *H ED 1820 Nutrition ----- | 2 |
| H ED 2102 School and Community Health----- | 2 |
| *H ED 2211 Injuries and First Aid----- | 1 |
| *H ED 2221 Advanced First Aid----- | 1 |
| *H ED 2303 Wellness Concepts----- | 3 |
| *H ED 3103 Athletic Injuries----- | 3 |
| H ED 3112 Adapted Physical Education ----- | 2 |
| PE&R 3662 Recreational Leadership----- | 2 |
| H ED 4112 Organization & Administration of H&PE----- | 2 |
| PE&R 4502 Legal Liabilities in Sports & Recreation----- | 2 |
| PE&R 4603 Kinesiology/Motor Learning----- | 3 |
| PE&R 4622 Organization & Management Intramural Spts--- | 2 |
| Elective H&PE Theory----- | 13 |
| Elective theory chosen from: | |
| H ED 1252 Intro to Health & PE | |
| H ED 2601 Techniques of Teaching Team Sports | |
| H ED 2611 Techniques of Teaching Individual/Dual Sports | |
| H ED 2621 Techniques of Teaching Rhythms and Aquatics | |
| H ED 3133 Advanced Athletic Injuries | |
| H ED 3202 Therapeutic Recreation | |
| H ED 3221 Teaching Community Activities I | |
| H ED 3231 Teaching Community Activities II | |
| H ED 3212 Fitness Assessment & Exercise Prescription | |
| H ED 4470 Independent Study in Health Education | |
| H ED 4480 Seminar in Health Education | |
| PE&R 3632 Sports Officiating | |
| PE&R 3650 Elementary School Program (3 hours) | |
| PE&R 3693 Physiology of Exercise | |
| PE&R 4632 Theory of Coaching Football | |
| PE&R 4642 Theory of Coaching Basketball | |
| PE&R 4652 Theory of Coaching Baseball | |
| PE&R 4662 Theory of Coaching Track | |
| PE&R 4672 Theory of Coaching | |
| PE&R 4470 Independent Study in Physical Education or Recreation | |
| PE&R 4480 Seminar in Physical Education or Recreation | |
| PE&R 4490 Reading in Physical Education | |
| *Students who complete these courses at NOC are not required to take them again at NWOSU. | |
| NOTE: It is recommended students take General Chemistry I or Chemistry for Non-Majors as one of the sciences. | |