



HEALTH, PHYSICAL EDUCATION & RECREATION ASSOCIATE OF SCIENCE

Degree Plan

Code	Title	Credits
General Education Requirements		
<i>Communications (9 credits)</i>		
ENG 110	Composition I	3
ENG 120	Composition II	3
COM 110	Fund. of Public Speaking	3
<i>Arts Humanities (6 credits)</i>		
PHI 210	Ethics	3
Select an Arts and Humanities general education course (https://uttc-public.courseleaf.com/academic-affairs/general-education-matrix/arts-humanities/) ¹		3
SOCIAL SCIENCES (6 CREDITS)		
PSY 111	Introduction To Psychology	3
PSY 250	Developmental Psychology	3
See Gen. Ed Matrix (https://uttc-public.courseleaf.com/academic-affairs/general-education-matrix/)		
Math, Science Technology (18 Credits)		
CSC 101	Introduction to Computers	3
MTH 102	Intermediate Algebra	3
BIO 220	Anatomy and Physiology I	4
BIO 221	Anatomy and Physiology II/Lab	4
BIO 150	General Biology I/LAB (/Lab)	4
or BIO 111	Concepts of Biology/LAB	
INSTITUTIONAL SPECIFIC (3 Credits)		
FND 106	First Year Exp & Health Living	2
GPE 101	First Aid & CPR	1
or GPE 102	Introduction to Fitness	
or GPE 106	Introduction to Sport Officiating	
REQUIRED PROGRAM COURSE COURSES (20 CREDITS)		
HPR 200	Intro to Parks & Recreation	3
HPR 270	Prevention and Care of Injuries	2
HPR 220	Introduction to Coaching	2
HPR 250	Intro to Physical Education	2
or EDU 342	Elementary Physical Education	
HPR 242	Principles of Sport Psychology	3
HPR 296	Park and Rec. Internship	1
GPE 240	Fundamentals of Nutrition	3
or HUM 122	Indigenous Food Sovereignty	
HPR 259	Personal and Community Health	2
HPR 206	Medical Terminology	2
Total Credits		62

Program Learner Outcomes

Graduates of the UTTC Health, Physical Education & Recreation AS degree program will:

1. Identify career pathways in health and wellness professions.
2. Plan health and fitness activities.
3. Analyze psychological factors that influence participation in physical activity and healthy lifestyles.
4. Demonstrate the practice-related knowledge required for certification as a personal trainer.
5. Exhibit appropriate dispositions for the Health, Physical Education, and Recreation profession.

¹ Denotes Native Studies institutional requirement.