



HEALTH, PHYSICAL EDUCATION & RECREATION

The Health, Physical Education & Recreation Associate of Science (AS) degree prepares students for leadership roles in health, fitness and recreation as well as a minor when completed in conjunction with a bachelor degree. In addition, this degree option prepares students for transfer to four-year colleges and universities for bachelor degrees in physical education, coaching, health education, or recreation.

If you are an individual who enjoys (1) physical activity, (2) fitness, (3) sports activity, (4) working with people (young and old) and who is interested in their personal health and the health of others, then this degree program is for you.

The curriculum combines courses in health, fitness, wellness, and technology, with an introduction to education, physical education and parks and recreation. General education courses include an emphasis in life science, anatomy and physiology, and communication skills, both verbal and written. Students in this program will participate in field placements in school and health settings and with the local parks and recreation facilities.

The AS degree prepares students for entry-level positions in health, fitness and physical education professions. Potential careers for graduates with an AS degree in Health, Physical Education & Recreation include diabetes prevention leaders in tribal programs, athletic trainers, fitness specialists, recreation specialists, and other positions related to wellness initiatives. The employment projections for graduates with this degree is expected to continue to rise with the increased demand for people to work in health and wellness initiative programs focusing on wellness and healthy living and combating obesity.

Degrees

- Health, Physical Education & Recreation Associate of Science (<https://uttc-public.courseleaf.com/programs/health-physical-education-recreation/health-physical-education-recreation-as/>)