

HEALTH AND PHYSICAL EDUCATION

[AS] RECOMMENDED COURSE SEQUENCING

First

Semester [Fall I]

- COMM 1130 Public Speaking **OR** COMM 2120: Interpersonal Communication [3 Credits]
- BIOL 2210C Human Anatomy and Physiology I Lecture & Lab [4 Credits]
- ENGL 1110 English Composition I [3 Credits]
- MATH 1130 Survey of Math [3 Credits]
- PHED 1140, 1320, 1430, 1510, 1620, 1670, **OR** 1830 [1 Credits]

TOTAL SEMESTER HOURS: 14

Second

Semester [Spring I]

- BCIS 1110 Fundamentals of Information Literacy & Systems [3 Credits]
- BIOL 2225C Human Anatomy and Physiology II Lecture & Lab [4 Credits]
- EXSC 2120 Structural Kinesiology [3 Credits]
- ENGL 1120 Composition II **OR** ENGL 2210 Technical & Professional Communication [3 Credits]
- PHED 1210, 1230, 1280, 2230 **OR** 2280 [1 Credits]

TOTAL SEMESTER HOURS: 14

Third

Semester [Summer]

- HLED 1130 Concepts of Fitness and Wellness [3 Credits]
- Social & Behavioral Science [3 Credits]

TOTAL SEMESTER HOURS: 6

Fourth

Semester [Fall II]

- EXSC 1110 Youth Fitness [2 Credits]
- HLED 1120 Am Red Cross First Aid CPR/AED [2 Credits]
- HLED 2510 History and Philosophy of Physical Education [3 Credits]
- HLED 1220, HLED 2110, NUTR 2110 [2-3 Credits]
- Humanities [3 Credits]
- PHED 1110 Dance: Ballroom [1 Credits]
- Social & Behavioral Science [3 Credits]

TOTAL SEMESTER HOURS: 16-17

Fifth

Semester [Spring II]

- Social & Behavioral Science, Humanities **OR** Arts [3 Credits]
- EXSC 2110 Exercise Physiology [3 Credits]
- HLED 1170 Fitness Concepts for Special Populations [2 Credits]
- HLED 2230 Observation in Health & Physical Education [2 Credits]

TOTAL SEMESTER HOURS: 13

TOTAL CREDITS REQUIRED: 63-64