

Health, Physical Education and Recreation Transfer

► Contact Information

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Blikre Activities Center 190

► Delivery Methods

Face-to-Face: Wahpeton
Online: Some Classes
Combination

This curriculum is available to the student planning to eventually major in physical education, health/recreation and perhaps, engage in the teaching, coaching or recreation fields as a career pursuit.

The Health, Physical Education and Recreation transfer curriculum plan provides transferable courses, which will eventually result in a major, or minor in the HPER field of study. In addition, the HPER plan meets the Liberal Arts Program Purposes listed in the *NDSCS Catalog*.

The instructors in this department have a wide variety of backgrounds in the field with the majority of them holding at least a master's degree. The average class size is small enough to allow the development of comfortable staff-student relationships. Students are assigned faculty advisors to assist them in planning their programs and working out their semester schedules.

The physical education indoor and outdoor facilities are extensive and in excellent condition. These facilities are shared by the physical education, athletic and intramural programs. They are also open many hours for individual "free play" time.

The opportunities for employment in the HPER field are excellent. Students commonly take employment as physical education instructors in elementary, junior high or high schools, athletic coaches, recreational directorships (community, private, commercial, etc.), athletic trainers or health instructors.

Course Code	Course Title	Credits
COMM 110	Fundamentals of Public Speaking	3
ENGL 110	College Composition I	3
ENGL 120	College Composition II	3
FYE 101	Science of Success	1
HPER 100	Concepts of Fitness and Wellness	2
HPER 200	Introduction to Parks and Recreation	2
HPER 207	Prevention and Care of Injuries	3
HPER 208	Introduction to Physical Education	2
HPER 210	First Aid and CPR (<i>Professional/Community</i>)	2
HPER 217	Personal and Community Health	3
	Wellness Elective(s)	2
	General Education Electives*	12
	Humanities/History Electives	6
	<i>From two different prefixes within the categories marked ND:HUM or ND:HIST</i>	
	Math, Science and Computer Information Systems Electives	13
	<i>From any course marked ND:LABSC, ND:MATH, ND:COMPSC, ND:SCI</i>	
	<i>All students must complete one lab science course, one mathematics course and one computer science course.</i>	
	Required:	
BIOL 220	Anatomy and Physiology I (3)	
BIOL 220L	Anatomy and Physiology I Lab (1)	
CIS 101	Computer Literacy (2)	
	Social and Behavioral Science Electives	8
	<i>From two or more prefixes within the category marked ND:SS</i>	
	Required:	
PSYC 111	Introduction to Psychology (3)	
PSYC 230	Educational Psychology (3)	

Total Required Credits **65**

* Consult academic advisor in selecting electives that are most appropriate for the intended bachelor's program.

This curriculum meets the North Dakota University System general education requirements as indicated in the *NDSCS Catalog* under the heading: NDUS General Education Transfer Agreement.

Admission Requirements

The applicants must be high school graduates or equivalent. Applicants may be required to complete a basic skills evaluation during the admissions process.

Award

Upon successful completion of the required courses, students will be awarded an Associate in Arts degree in Liberal Arts.

Revised: May 2022