

HEALTH, PHYSICAL EDUCATION AND RECREATION

LENGTH: Four Semesters

PURPOSE: This program is designed to give the student a basic foundation of course work needed to transfer to a four-year college or university to work toward a baccalaureate degree in either a specialized or general physical education curriculum.

AREA I WRITTEN COMPOSITION 6 SH

ENG 101.....	English Composition I	3
ENG 102.....	English Composition II	3

AREA II HUMANITIES AND FINE ARTS..... 12 SH

Fine Arts Elective.....	ART 100, MUS 101, THR 120, or THR 126.....	3
SPH 107.....	Fundamentals of Public Speaking	3

Choose one of the following courses:..... 3

ENG 271 or ENG 272.....	World Literature I or World Literature II or	
ENG 261 or ENG 262.....	English Literature I or English Literature II or	
ENG 251 or ENG 252.....	American Literature I or American Literature II	

Note: Students must complete a 6 SH sequence in either literature (AREA II) or history (AREA IV). If the literature sequence is not chosen, the student must choose 3 SH of a Humanities Elective.
 Humanities Elective..... ART, MUS, THR, PHL, REL, or Foreign Language..... 3

AREA III NATURAL SCIENCES AND MATHEMATICS 11 SH

MTH 112 or more advanced.....	Pre-Calculus Algebra	3
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Choose one of the following sequences:..... 8

BIO 101 & BIO 102.....	Introduction to Biology I & Introduction to Biology II or	
BIO 103 & BIO 104.....	Principles of Biology I & Principles of Biology II or	
CHM 104 & CHM 105.....	Introduction to Inorganic Chemistry & Introduction to Organic Chemistry or	
PHS 111 & PHS 112.....	Physical Science I & Physical Science II	

AREA IV HISTORY, SOCIAL, AND BEHAVIORAL SCIENCES 12 SH

Choose one of the following courses:..... 3

HIS 101 or HIS 102.....	Western Civilization I or Western Civilization II, or	
HIS 121 or HIS 122.....	World History I or World History II, or	
HIS 201 or HIS 202.....	U.S. History I or U.S. History II	

Note: Students must complete a 6 SH sequence in either literature (AREA II) or history (AREA IV). If the history sequence is not chosen, the student must choose 9 SH of Social Science Electives.
 Social Science Electives..... ANT, ECO, GEO, POL, PSY, or SOC..... 9

AREA V PRE-PROFESSIONAL, MAJOR, AND ELECTIVE COURSES 23 SH

ORI 101.....	Orientation to College	1
BIO 201.....	Human Anatomy & Physiology I.....	4
BIO 202.....	Human Anatomy & Physiology II.....	4
CIS 146.....	Microcomputer Applications.....	3
HED 221 or HED 224.....	Personal Health or Personal & Community Health.....	3
HED 231.....	First Aid	3
PED 200.....	Foundation of Physical Education	3
PED.....	PED Activity Electives	2

Total Hours 61 SH

Students should consult their transfer institution or the STARS templates at www.coastalalabama.edu. See an academic advisor for assistance.

ASSOCIATE IN SCIENCE