

Health & Physical Education

Students who graduate with an Associate of Arts in Health and Physical Education degree will be able to work in entry-level positions in fitness leadership, corporate wellness, recreational facilities, and hospitals or transfer to a four-year institution in the field of Health and Physical Education.

Program Learning Outcomes (PLO)

PLO 1: Apply fitness concepts to making choices that support lifetime fitness.

PLO 2: Create a performance-related fitness program for a specific activity.

PLO 3: Identify drugs' physiological and psychological effects in today's society.

PLO 4: Demonstrate knowledge of healthy nutritional practices for both lifetime and sport-related wellbeing.

PLO 5: Describe the various kinesiology subdisciplines.

Courses Measuring the Achievement of Program Learning Outcomes

| <u>Course</u> | <u>PLO 1</u> | <u>PLO 2</u> | <u>PLO 3</u> | <u>PLO 4</u> | <u>PLO 5</u> |
|----------------------------|--------------|--------------|--------------|--------------|--------------|
| PHED 11xx Activity Courses | X | | | | |
| PHED 1115-1118 Coaching | | X | | | |
| PHED 1346 | | | X | | |
| PHED 1304 | | | | X | |
| PHED 1301 | | | | | X |

HEALTH & PHYSICAL EDUCATION RECOMMENDED ACADEMIC PLAN

| 1ST YEAR, 1ST SEMESTER | | | Credit Hours | ✓ |
|--|---------|---|---|--------------------------|
| <i>Term 1</i> | | | | |
| HIST | 1301 | U.S. History I | 3 | <input type="checkbox"/> |
| MATH | 1314 | College Algebra | 3 | <input type="checkbox"/> |
| <i>Term 2</i> | | | | |
| ENGL | 1301 | Composition I | 3 | <input type="checkbox"/> |
| PHED | 1301* | Foundations of Kinesiology | 3 | <input type="checkbox"/> |
| STSU | 0300 | Student Development | 0 | <input type="checkbox"/> |
| SPCH | 1315 | Public Speaking | 3 | <input type="checkbox"/> |
| 1ST YEAR, 2ND SEMESTER | | | | |
| <i>Term 1</i> | | | | |
| BIOL | 2401** | Anatomy & Physiology I | 4 | <input type="checkbox"/> |
| PHED | 1304*** | Personal & Community Health | 3 | <input type="checkbox"/> |
| <i>Term 2</i> | | | | |
| ARTS | 1301 | Art Appreciation | 3 | <input type="checkbox"/> |
| ENGL | 1302 | Composition II | 3 | <input type="checkbox"/> |
| 1ST YEAR, SUMMER | | | | |
| <i>Term 1</i> | | | | |
| HIST | 1302 | U.S. History II | 3 | <input type="checkbox"/> |
| <i>Term 2</i> | | | | |
| SOCI | 1301 | Introduction to Sociology | 3 | <input type="checkbox"/> |
| 2ND YEAR, 1ST SEMESTER | | | | |
| <i>Term 1</i> | | | | |
| BIOL | 2402** | Anatomy & Physiology II | 4 | <input type="checkbox"/> |
| PHED | 1306*** | First Aid | 3 | <input type="checkbox"/> |
| <i>Term 2</i> | | | | |
| PHED | 1164 | Introduction to Physical Fitness & Wellness | 1 | <input type="checkbox"/> |
| ENGL | 2322 | British Literature | 3 | <input type="checkbox"/> |
| GOVT | 2305 | Federal Government | 3 | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
|  Apply for Graduation | | | | |
| 2ND YEAR, 2ND SEMESTER | | | | |
| <i>Term 1</i> | | | | |
| PHED | 1321*** | Coaching/Sports/Athletics | 3 | <input type="checkbox"/> |
| PHED | 1338*** | Concepts of Physical Fitness | 3 | <input type="checkbox"/> |
| <i>Term 2</i> | | | | |
| GOVT | 2306 | Texas Government | 3 | <input type="checkbox"/> |
| PSYC | 2301 | General Psychology | 3 | <input type="checkbox"/> |
| * Earned: | | | Associate of Arts in Health & Physical Education | Total Hours 60 |

*Required by most universities in Texas. Check your transfer institution for specific degree requirements.

**Athletic Training (AT) and Physical Training (PT) programs require BIOL 2401/2402. BIOL 2404 is acceptable for Teaching/Coaching majors.

***Choose electives based on university requirements if transferring. Student athletic trainers may replace one 3-hr lecture course with three 1-hour practicum sections under the direction of Athletics Staff.