

# Health and/or Physical Education Associate of Arts

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These courses fulfill the health and/or physical education requirements for the Associate of Arts (AA) degree. Please refer to your specific degree for a list of all requirements.

## Health and/or Physical Education

|          |  |   |
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| HPER     | Any Activity Course/Lifetime Fitness               | 1 |
| EMS 121  | CPR I - Basic Life Support for Healthcare Provider | 1 |
| BIOL 132 | Introduction to Public Health                      | 3 |
| HMEC 151 | Nutrition and Meal Planning                        | 3 |
| HPER 192 | Wellness for Life                                  | 1 |
| HPER 200 | First Aid and CPR                                  | 2 |
| HPER 202 | Personal Community Health                          | 3 |
| HPER 255 | Introduction to Physical Education                 | 3 |

NOTE: The following HPER courses do NOT meet the general education requirement for Health and/or Physical Education

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|----------|---|---|
| HPER 174 | Coaching and Officiating of Track and Field | 2 |
| HPER 195 | Introduction to Sports Medicine             | 3 |
| HPER 198 | Athletic Training Practicum I               | 1 |
| HPER 204 | Care and Prevention of Athletic Injury      | 3 |
| HPER 207 | Athletic Training Practicum 2*              | 2 |
| HPER 208 | Introduction to Exercise Physiology         | 3 |
| HPER 220 | Sports Officiating                          | 3 |
| HPER 224 | Outdoor Recreation                          | 3 |
| HPER 245 | Elementary Physical Education               | 3 |