

# Health and/or Physical Education Associate of General Studies

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

## Health and/or Physical Education

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

## Total program Hours: 2

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

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