

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"/>
SPCH	1315	Public Speaking	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"/>
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"/>
HIST	1302	U.S. History II	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"/>
 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"/>
SOCI	1301	Sociology	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: <i>Associate of Arts in Health & Physical Education</i>			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.