GENERAL STUDIES, HEALTH AND PHYSICAL EDUCATION PATHWAY

Associate of Science
Transfers toward the Bachelor of Science in Health and Physical Education.

Area A: Essential Skills
Grades of C or better required.
- ENGL 1101 English Composition I 3
- ENGL 1102 English Composition II 3
- MATH 1111 College Algebra 3
  or MATH 1001 Quantitative Skills/Reasoning
  or MATH 1101 Intro to Mathematical Modeling
  or MATH 1113 Precalculus Mathematics

Area B: Institutional Options
- COMM 1110 Fundamentals of Speech 3
  (Prerequisite for EDUC 2110, EDUC 2120, and EDUC 2130. Grade of C or better required.)
One of the following electives: 1
- COMM 1120 Argumentation and Advocacy
- ENGL 1105 Intro to Greek Mythology
- ENGL 1110 Creative Writing
- GEOI 1000 Natural Hazards
- HIST 1050 Appalachian Hist-Special Topic
- HIST 1051 Sports Hist & Amer Character
- HUMN 1000 Political and Social Rhetoric
- HUMN 1300 Christian Fiction/Pop Culture
- SOCI 1000 Race and Ethnicity in America

Area C: Humanities/Fine Arts
Choose one to two ENGL course(s): 3-6
- ENGL 2111 World Literature I
- ENGL 2112 World Literature II
- ENGL 2120 British Literature I
- ENGL 2121 British Literature II
- ENGL 2130 American Literature I
- ENGL 2131 American Literature II
- ENGL 2201 Intro to Film as Literature
If only one ENGL course chosen, add one of the following: 0-3
- ARTS 1100 Art Appreciation
- HUMN 1201 Expressions of Culture I
- HUMN 1202 Expressions of Culture II
- MUSC 1100 Music Appreciation
- MUSC 1110 World Music
- MUSC 1120 American Music
- THEA 1100 Theatre Appreciation

Area D: Science/Mathematics/Technology
- BIOL 1107K Principles of Biology I 4
- BIOL 1108K Principles of Biology II 4

One of the following electives: 3-4
- ASTR 1010 Astronomy of the Solar System
- ASTR 1020 Stellar and Galactic Astronomy
- BIOL 1105K Environmental Studies
- BIOL 1203K Principles of Botany
- BIOL 1224K Entomology
- CHEM 1151K Survey of Chemistry
- CHEM 1211K Principles of Chemistry I
- CHEM 1212K Principles of Chemistry II
- CMPS 1130 Computer Concepts/Programming
- CMPS 1301 Principles of Programming I
- CMPS 1302 Principles of Programming II
- GEOL 1121K Principles of Geology
- GEOL 1122K Historical Geology
- MATH 1113 Precalculus Mathematics
- MATH 2181 Calculus
- MATH 2200 Introduction to Statistics
- PHYS 1111K Introductory Physics I
- PHYS 1112K Introductory Physics II
- PHYS 2211K Principles of Physics I
- PHYS 2212K Principles of Physics II

Area E: Social Sciences
- HIST 2111 United States History to 1877 3
  or HIST 2112 United States Hist since 1877
- POLS 1101 American Government 3
Two of the following electives: 6
- ANTH 1103 Intro to Cultural Anthropology
- ECON 2105 Principles of Macroeconomics
- ECON 2106 Principles of Microeconomics
- GEOG 1100 Introduction to Geography
- GEOG 1101 Intro to Human Geography
- GEOG 1111 Intro to Physical Geography
- HIST 1111 World Civilization to 1500 CE
- HIST 1112 World Civilization since 1500
- HIST 2111 United States History to 1877
- HIST 2112 United States Hist since 1877
- PHIL 1103 Intro to World Religions
- PHIL 2010 Intro to Philosophical Issues
- PHIL 2020 Logic and Critical Thinking
- POLS 2101 Intro to Political Science
- POLS 2201 State and Local Government
- POLS 2301 Comparative Politics
- POLS 2401 International Relations
- PSYC 1101 Introduction to Psychology
  (Prerequisite for EDUC 2110, EDUC 2120, and EDUC 2130. Grade of C or better required.)
- PSYC 2101 Psychology of Adjustment
- PSYC 2103 Human Development
- SOCI 1101 Introduction to Sociology
- SOCI 1160 Social Problems

Area F: Major Related
- BIOL 2212K Anatomy and Physiology I 4
PHED 1120. Jogging. 0-2-1 Unit.
A physical activity course designed to provide basic instruction for students wishing to use jogging to improve personal health and fitness. Workouts will utilize variable and fixed resistance machines, free weights (dumbbells), calisthenic exercises, and cardiovascular equipment.

PHED 1130. Swim Fitness. 0-2-1 Unit.
Provides guidance for students who want to use aquatic exercise to improve health and fitness. Students learn how to train effectively, how to measure progress, how to stay motivated, and how to avoid injuries common to swimmers. This is not a "learn to swim" course.

PHED 1140. Weight Training. 0-2-1 Unit.
Provides basic instruction for students wishing to use weight training to improve personal health and fitness. Workouts will utilize variable and fixed resistance machines, free weights (dumbbells), calisthenic exercises, and cardiovascular equipment.

PHED 1150. Dance for Fitness and Sport. 0-1-1 Unit.
Introduces student to a variety of current dance styles, which may be used to improve health and fitness.

PHED 1151. Cardio/Core Fitness Training. 0-1-1 Unit.
The purpose of this course is to acquaint the student with some basic knowledge and understanding pertaining to why participation in physical activity contributes to optimal living. The student will incorporate a variety of mind/body principles and participate in physical activities leading to improved cardiovascular endurance, core strength, muscular endurance and stress reduction.

PHED 1152. Trail Hiking. 0-1-1 Unit.
A physical activity course designed to provide basic instruction for students wishing to improve personal health and fitness through participation in a lifetime fitness activity that will use a variety of hiking trail surfaces and terrain.

PHED 1170. Beginning Aikido. 1-0-1 Unit.
Provides an introduction to aikido, a Japanese martial art form popularized by Steven Seagal. Unlike some other martial arts, aikido is not a competitive sport but rather a purely self-defense style. Teaches how to throw or restrain attackers by redirecting their own energy and momentum. Since one uses the attacker's energy, aikido does not require great physical strength.

PHED 1171. Beginning Badminton. 0-2-1 Unit.
Introduces basic badminton skills, terminology, and rules.

PHED 1172. Beginning Basketball. 0-1-1 Unit.
Provides instruction for students who choose to use the game of basketball to improve health and wellness. Classes will involve students with skills and drills, playing strategies, fitness techniques, and effective training principles. Covers topics such as, basic rules, terminology, nutrition, injury care and prevention, and health-related fitness components.

PHED 1180. Student Assistant. 0-2-1 Unit.
Allows students who have previously exhibited knowledge and skills appropriate to a course to continue their interest by assisting in a class. Prerequisites: Permission of Instructor.

PHED 1190. Intro to Physical Education. 3-0-3 Units.
Introduces students interested in making physical education their profession to the history, philosophy, and problems of physical education and how it contributes to the total education program. Prerequisites: READ 0098, unless exempt.