

Health, Physical Education, and Recreation (HPR)

Degree: Associate of Science

The HPR program is designed to provide students an introduction to potential careers in the health, physical education, and recreation disciplines. Whether the student wants to work as a PE teacher, in sports management, or as a park ranger, the HPR program can help him or her successfully complete the necessary general education requirements towards a Bachelor's degree in those fields.

Analysis and Oral Communication (9 hours) *Credit Hours*

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| English Composition I (ENG 1003) | 3 |
| English Composition II (ENG 1013) | 3 |
| Public Speaking (COM 1203) | 3 |

Mathematics (3 hours) *Credit Hours*

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| College Algebra (MAT 1023) or higher | 3 |
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Sciences (10 hours) *Credit Hours*

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| General Biology (BIO 1005) | 5 |
| Chemistry I (PHS1025)* | 5 |

Fine Arts and Aesthetic Studies (3 hours) *Credit Hours*

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| Music Appreciation (MUE 1303) | 3 |
| Art Appreciation (ART 1043) | 3 |

Cultural Studies (3 hours) *Credit Hours*

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| World Regional Geography | 3 |
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Health and Well-Being (4 hours) *Credit Hours*

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| General Psychology (BEH 1003) | 3 |
| Wellness Concepts (HPR 1401) | 1 |

Human Heritage (9 hours) *Credit Hours*

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| History (Select 1) | |
| US History I (HIS 1023) | 3 |
| US History II (HIS 1063) | 3 |
| Literature | |
| Introduction to Literature (ENG 1073) | 3 |
| Philosophy and Religion (Select 1) | |
| Introduction to Philosophy (PHI 2003) | 3 |
| Ethics (PHI 1073) | 3 |
| Logical and Classical Reasoning (PHI 2073) | 3 |
| New Testament History (REL 1013) | 3 |
| World Religions (REL1053) | 3 |

Social Awareness (3 hours) *Credit Hours*

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| Introduction to Sociology (SOC 1003) | 3 |
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Political Awareness (3 hours) *Credit Hours*

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| American Government (POL 1023) | 3 |
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Business and Technology (6 hours) *Credit Hours*

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| Personal Finance (BUS 1003) | 3 |
| (Select 1) | |
| Introduction to Business (BUS 1093) | 3 |
| Computer Concepts & Applications (CIT 1003) | 3 |

Major Requirements (6 hours) *Credit Hours*

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| Personal and Community Health (HPR1053) | 3 |
| Introduction to Physical Education (HPR1023) | 3 |

Recommended Electives (3-5 hours) *Credit Hours*

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| Anatomy and Physiology (BIO2045)** | 5 |
| Intro to Sports Management (HPR1043)*** | 3 |

Free elective****

3

TOTAL: 60-62

*Please review the science requirements at your potential transfer institutions to determine if you need Chem I or General Chemistry.

**Depending on the four-year institution to whom you are transferring, A&P may be a required course.

***Will transfer to KU and WSU if student is pursuing a Sports Management degree, otherwise only a required part of a degree in PSU's Recreation program.

****Students are encouraged to consider the requirements of their potential transfer destinations to determine which elective course would be best.