

**HEALTH AND PHYSICAL EDUCATION EXERCISE SCIENCE OPTION (3018)**  
**Physical Education & Athletics Division**  
**RECOMMENDED COURSES FOR TRANSFER**  
**ASSOCIATE OF SCIENCE DEGREE PROGRAMS**

**Area A**

**Essential Skills - 9 Hours**

ENGL 1101	English Composition I	3
ENGL 1102	English Composition II	3
MATH 1111	College Algebra or higher math	3

**Area B**

**Institutional Options - 4 Hours**

<a href="#">See Core Curriculum, Area B</a>		2
PHED 2210	Sports Injury and Prevention	2

**Area C**

**Humanities And The Fine Arts - 6 Hours**

Literature Course	<a href="#">See Core Curriculum, Area C, Literature</a>	3
The following course is recommended, but other Area C courses are allowed. <a href="#">See Core Curriculum, Area C.</a>		
COMM 1110	Public Speaking*	3

**Area D**

**Science, Mathematics, And Technology - 11 Hours**

The following courses are recommended, but other Area D courses may be allowed.

CHEM 1211K	Principles of Chemistry I	4
BIOL 1107K	Principles of Biology I	4
MATH 1112 or	Trigonometry or	
MATH 2205	Statistics	3

**Area E**

**Social Science - 12 Hours**

HIST 1111 or	Survey of World History I or	
HIST 1112	Survey of World History II	3
HIST 2111 or	U.S. History Through 1877 or	
HIST 2112	U.S. History After 1877	3
POLS 1101	American Government in World Perspective	3
The following course is recommended, but other Area E courses are allowed. <a href="#">See Core Curriculum, Area E, Social Science.</a>		
PSYC 1101	General Psychology	3

**Area F**

**Courses Related To The Major - 18 Hours**

BIOL 2111K	Anatomy & Physiology I	4
BIOL 2112K	Anatomy & Physiology II	4
PSYC 2103	Human Growth & Development	3
CISM 2201	Fundamentals of Computer Applications	3
HLTH 1160	Community First Aid and Safety	2
AREA F Elective	See Advisor.	2

**Area G**

<b>Physical Education – (3 courses)**</b>	<b>5-8</b>
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**Two-Year Total 65-68**

\*Critical Thinking Overlay-All Students must satisfy the critical thinking overlay. This requirement must be fulfilled by satisfactory completion of one of the following courses. This competency is usually satisfied in Area B or C.

- COMM 1000 Cultural Diversity in Communication
- COMM 1100 Human Communications
- COMM 1110 Public Speaking