



Health and Physical Education Studies

Associate in Science Degree, Transfer program

Division of Health & Sciences, Associate Dean: Rachel Hofstetter

Department Chair: David Rockwell

This program includes coursework in individual and dual sports, fitness and conditioning, team sports, recreation, and health. Through the application of theory and practice, students will gain the necessary knowledge, skills and experiences to enable them to transfer into baccalaureate programs for fields such as health, physical education, athletic training, sports management, fitness specialist, or therapeutic recreation. The careful selection of electives will facilitate transfer and the completion of requirements at the transfer school.

Graduates will have learned to articulate and demonstrate core principles for the field of study; use and evaluate a variety of assessment tools; demonstrate cognitive, interpersonal and technical skills; collaborate with others in development of teaching plans, obtain the knowledge and skills necessary for participating in an activity course; and use the scientific process to evaluate current data and research.

The State University of New York (SUNY) requires students who intend to receive a bachelor's degree from a SUNY college to complete at least 30 credit hours in specific general education areas. Students in this program who plan to transfer to a SUNY college can meet 21 credits of the general education requirement. For more specific information about this requirement, refer to SUNY General Education Requirement on page 15 and see an advisor for program assistance.

High school or equivalent preparation required: One year of biology.

Program Requirements

English (ENGL 1010-1020. By placement)*	6	Foundations of Personal Health (HLTH 1207)	3
Mathematics (MATH 1210-1220 or higher)*	6	First Aid (HLTH 1100 or 2007)	1
Social Sciences (PSYC 1101)	3	Intro to Health, PE, and Recreation Profession (PEPD 1200) ...	3
Laboratory Science (BIOL 1510-1520, BIOL 2020-2030)	16	Health, Wellness, and Professional Development electives	
Humanities (SPCH 1080)	3	(HLTH, PEPD, REPD, WELL)	9
Liberal Arts and Sciences electives (upper level)	5	Physical Education and Recreation electives (PFIT, RECC)	9
		Total hours	64

*Based on placement, students may be required to take ENGL 0950 before taking ENGL 1010, and MATH 0960 before taking a math credit course.

Sample Sequence: intended as a guide for academic planning. It need not be followed exactly or completed in four semesters.

First Semester

English	3
Mathematics (MATH 1210 or higher)	3
General Biology I (BIOL 1510)	4
Introduction to HPER: the Profession (PEPD 1200)	3
BLS for Professional Rescuer (HLTH 1010)	1
Outdoor Education	1
Lifetime Activity	1

Third Semester

Public Speaking (SPCH 1080)	3
Anatomy and Physiology I (BIOL 2020)	4
Liberal Arts elective (upper-level)	3
Health Education/Wellness electives	3
Lifetime Activity	1
Team/Individual/Aquatics/Conditioning	1
First Aid (HLTH 1100 or 2007)	1

Second Semester

English	3
Mathematics (MATH 1220 or higher)	3
General Biology II (BIOL 1520)	4
Foundations of Personal Health (HLTH 1207)	3
General Psychology I (PSYC 1101)	3
Team/Individual/Aquatics/Conditioning	1

Fourth Semester

Liberal Arts elective (upper level)	2
Anatomy and Physiology II (BIOL 2030)	4
Professional Development elective	3
Health Education/Wellness electives	3
Outdoor Education	1
Physical Education/Recreation elective	3

Baccalaureate transfer institutions require a GPA of 2.5-3.0 for articulation into an upper-level Health and Physical Education Studies program.

Liberal Arts elective recommendations: Educational Psychology, Child Psychology, Adolescent Psychology, Social Psychology, Elementary Statistics, foreign language, and Ethics course.