

**HEALTH AND PHYSICAL EDUCATION (3018)  
RECOMMENDED COURSES FOR TRANSFER  
ASSOCIATE OF SCIENCE DEGREE PROGRAMS**

**EXERCISE SCIENCE OPTION**

<b>Area A (Essential Skills -9 Hours)</b>		<b>Credits</b>	<b>Term</b>	<b>Grade</b>
ENG 1101	English Composition I	3		
ENG 1102	English Composition II	3		
MATH 1111	College Algebra	3		
<b>Area B (Institutional Options – 4 Hours)</b>				
See Area B of the Core Curriculum. Page 66.		2		
PHED 2210	Sports Injury and Prevention	2		
<b>Area C (Humanities And The Fine Arts – 6 Hours)</b>				
Literature Course See Humanities/Fine Arts page 67		3		
The following course is recommended, but other Area C courses are allowed. See page 67.				
COMM 1110	Public Speaking	3		
<b>Area D (Science, Mathematics, And Technology – 11 Hours)</b>				
The following courses are recommended, but other Area D courses may be allowed. See page 68.				
CHEM 1211K	Principles of Chemistry I	4		
BIOL 1107K	Principles of Biology	4		
MATH 1112 or MATH 2205	Trigonometry or Statistics	3		
<b>Area E (Social Science – 12 Hours)</b>				
HIST 1111 or HIST 1112	Survey of World History I or Survey of World History II	3		
HIST2111 or HIST 2112	U.S. History Through 1877 or U.S. History After 1877	3		
POLS 1101	Am. Gov. in World Perspective	3		
The following course is recommended, but other Area E courses are allowed. See page 69.				
PSYC 1101	General Psychology	3		
<b>Area F (Courses Related to the Major – 18 Hours)</b>				
BIOL 2111K	Anatomy & Physiology I	4		
BIOL 2112K	Anatomy & Physiology II	4		
PSYC 2215	Human Growth and Development	3		
CISM 2201	Fund. of Computer Applications	3		
HLTH 1160	Community First & Safety	2		
Area F Elective	See Advisor.	2		
<b>Area G (Physical Education – (1-4 Courses)** 4-8</b>				
One course per semester of full-time enrollment with a maximum of 4 courses.		1		
		2		
		3		
		4		
<b>Two -Year Total</b>		<b>64-68</b>		
*Oral Communication requirement may be met by completion of other communication courses. See Degree Requirements, page 64.				
**See AREA G of the Core Curriculum for fitness competency requirement.				