

Focus Areas:

**Health,
Recreation,
Athletic Training,**

HEALTH & HUMAN PERFORMANCE

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Potential Careers:

- **Coach**
- **Physical Education Instructor**
- **Athletic Trainer**
- **Nutritionist**

Program Learning Outcomes:

1. Design performance strategies related to skillful movement and physical activities.
2. Analyze capabilities and needs of clients/athletes to produce plans for exercise and health using appropriate investigation.
3. Formulate a philosophy or guiding vision that incorporate responsible behaviors, relationships, and environment towards health and human performance.

DEGREES & CERTIFICATES

Associate of Science A.S. - 62 hours

HEALTH AND HUMAN PERFORMANCE

Associate of Science 62 Hours

Required General Education Courses 34-35 cr

<i>English Discipline Area (010)</i>	6
CM101 English Composition I (3 cr)	
CM102 English Composition II (3 cr)	
<i>Communication Discipline Area (020)</i>	3
CM115 Public Speaking (3 cr) or	
CM240 Interpersonal Communications (3 cr)	
<i>Mathematics and Statistics Discipline Area (030)</i>	3
<i>Natural and Physical Science Discipline Area (040)</i>	4-5
<i>Social and Behavioral Discipline Area (050)</i>	6
<i>(2 areas required)</i>	
Anthropology	Economics
Geography	Psychology
Political Science	Sociology
<i>Arts and Humanities Discipline Area (060)</i>	6
<i>(2 areas required)</i>	
Art	Literature
Foreign Language	Music
History	Philosophy
Humanities	Theatre
<i>Institutionally Designated Area Elective (070)</i>	6

Required Health & Human Performance Courses 13-14 cr

Natural and Physical Science Discipline Area	4-5
<i>Choose 3 of the following:</i>	
BE210 Leadership Development	3
PE131 First Aid and Safety	3
PE136 Theory of Coaching	3
PE141 Personal Wellness	3
PE14 Introduction to Sports Management	3
PE150 Basic Care and Prevention of Athletic Injuries I	3
PE250 Stress Management	3

Elective Courses 9 cr

Physical Education	
PE101 Team Sports I	1
PE102 Team Sports II	1
PE108 Archery	1
PE110 Total Fitness	1
PE126 Cheerleading I	1
PE127 Cheerleading II	1
PE128 Dance Team I	1
PE129 Dance Team II	1
PE130 Introduction to Physical Education	3
PE131 First Aid and Safety	3
PE135 Concepts of Physical Education	3
PE136 Theory of Coaching	3
PE141 Personal Wellness	3
PE143 Total Fitness II	1
PE144 Archery II	1
PE146 Concepts of Team Sports	3

PE148 Introduction to Sports Management	3
PE150 Basic Care and Prevention of Athletic Injuries I	3
PE151 Basic Care and Prevention of Athletic Injuries II	3
PE156 Principles of Strength & Conditioning	2
PE160 Varsity Sports: Baseball	1
PE161 Varsity Sports: Basketball	1
PE162 Varsity Sports: Track	1
PE165 Varsity Sports: Softball	1
PE167 Varsity Sports: Cross Country	1
PE168 Varsity Sports: Volleyball	1
PE169 Varsity Sports: Wrestling	1
PE185 Varsity Sports: Basketball II	1
PE250 Stress Management	3

Social Science

SS101 General Psychology	3
SS102 Abnormal Psychology	3
SS103 Social Psychology	3
SS105 Human Growth and Development	3
SS106 Marriage and Family	3
SS107 Human Sexuality	3
SS113 Human Relations	3
SS125 Introduction to Cultural Anthropology	3
SS127 Child Psychology	3
SS130 Introduction to Sociology	3
SS131 Cultural Diversity and Ethnicity	3
SS140 U.S. Government: National	3
SS141 U.S. Government: State and Local	3
SS201 Social Problems	3

Additional Electives

BE154 Business Law	3
BE155 Marketing	3
BE160 Business Accounting	3
BE161 Accounting I	3
BE162 Accounting II	3
BE210 Leadership Development	3
HE124 Nutrition	3
MG101 Management Principles	3
MA112 Trigonometry	3
PE220 Cooperative Ed Internship	2
SC120 Human Anatomy and Physiology I	4
SC121 Human Anatomy and Physiology II	4
SC125 Human Body Dissection	1
SC130 General, Organic, and Biochemistry	5
SC131 Chemistry I	5
SC140 College Physics I	5

Open Electives 5-6 cr

Any non-technical, non-developmental course can be used to fulfill the requirements of the Associate of Science degree.