



[AS-HPE; CIP Code 13.1314]

Associate in Science (A.S.) – Transfer

The goal of this program is to provide the first two years of a Health, Physical Education & Recreation baccalaureate degree program for students who wish to transfer to a four-year institution as a Health, Physical Education & Recreation major.

Program Learning Outcomes

Students who have completed the program will be able to:

- Demonstrate an understanding of pedagogy and core educational practices of physical education teachers.
- Demonstrate an understanding of pedagogy and core educational practices of health education professionals.
- Demonstrate a foundation of knowledge required to promote fitness, health, and recreational activities to sustain lifelong wellness.
- Analyze, evaluate and provide basic care in emergency situations.

Program Notes

¹ Chemistry, Biology or Physics recommended

Program Contact

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✦ Are you ready to get started at RCSJ? ✦
 Visit [RCSJ.edu/Enroll](https://www.rcsj.edu/Enroll) and complete the interest form. ✦

Health, Physical Education and Recreation (HPER), A.S.

FIRST YEAR – Fall Semester

| | |
|--|----------|
| <input type="checkbox"/> ENG 101 English Composition I | 3 |
| <input type="checkbox"/> MAT 101 Concepts of Mathematics | 3 |
| <input type="checkbox"/> PSY 101 General Psychology | 3 |
| <input type="checkbox"/> HPE 136 Nutrition | 3 |
| <input type="checkbox"/> HPE 214 Principles of Health and Physical Education | 3 |
| | <hr/> 15 |

Spring Semester

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|--|----------|
| <input type="checkbox"/> ENG 102 English Composition II | 3 |
| <input type="checkbox"/> ____ Lab Science Elective (CHM/BIO/PHY) | 4 |
| <input type="checkbox"/> SPE 101 Oral Communications | 3 |
| <input type="checkbox"/> HPE 211 Consumer Health Decisions | 3 |
| <input type="checkbox"/> HPE 252 Foundations of Fitness | 3 |
| | <hr/> 16 |

SECOND YEAR – Fall Semester

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|--|----------|
| <input type="checkbox"/> BIO 105 Anatomy and Physiology I or BIO 106 Anatomy and Physiology II | 4 |
| <input type="checkbox"/> EDU 205 History of American Education | 3 |
| <input type="checkbox"/> PSY 203 Educational Psychology | 3 |
| <input type="checkbox"/> ART 101 Art Appreciation or MUS 101 Music Appreciation | 3 |
| <input type="checkbox"/> HPE 233 Safety, First Aid, and Prevention of Athletic Injuries | 3 |
| | <hr/> 16 |

Spring Semester

| | |
|--|----------|
| <input type="checkbox"/> GEO 102 Cultural Geography | 3 |
| <input type="checkbox"/> PSY 212 Adolescent Psychology | 3 |
| <input type="checkbox"/> HPE 245 Motor Development and Motor Learning | 3 |
| <input type="checkbox"/> HPE 257 Pedagogy & Instructional Practices in Health & Physical Education | 3 |
| <input type="checkbox"/> HPE ____ elective | 1-3 |
| | <hr/> 13 |

TOTAL MINIMUM CREDITS: 60

Program Notes

HPE 205 Technology in Health & Physical Education is recommended for transfer to Rowan University.