

Haskell Indian Nations University
Associate of Arts
 Emphasis in Health, Physical Education and Recreation
 Degree Checklist (60 Hours)

Student Name _____

ID# _____

INSTITUTIONAL REQUIREMENTS (4 HOURS)

Vision Quest (Orientation)	VISQ 101	(1)	_____	_____	_____
Contemporary Tribal Issues	_____	(3)	_____	_____	_____

(Select one course from the degree portion of the Citizenship Requirement List)

GENERAL EDUCATION REQUIREMENTS (33 HOURS)

COMMUNICATION (9 HOURS)

English I	ENGL 101	(3)	_____	_____	_____
English II	ENGL 102	(3)	_____	_____	_____
Public Speaking <u>OR</u>	SPCH 131	(3)	_____	_____	_____
Speech Communication	SPCH 151	(3)	_____	_____	_____

ANALYTIC AND QUANTITATIVE THINKING (6 HOURS)

(Select two courses from the approved Analytical and Quantitative Thinking List under General Education Requirements)

_____	(3)	_____	_____	_____
_____	(3)	_____	_____	_____

HUMANITIES (6 HOURS)

(Select two courses from separate topic groups ~ Historical Studies, Literature and the Arts, or Philosophy and Religion)

_____	(3)	_____	_____	_____
_____	(3)	_____	_____	_____

NATURAL SCIENCES (5 HOURS)

(Select one laboratory course from the Natural Sciences)

_____	(3)	_____	_____	_____
_____	(3)	_____	_____	_____

SOCIAL SCIENCES (6 HOURS)

(Select two courses from separate topic groups ~ Culture and Society, Individual Behavior, or Public Affairs)

_____	(3)	_____	_____	_____
_____	(3)	_____	_____	_____

PHYSICAL EDUCATION AND HEALTH (1 HOUR)

(Select one activity course)

_____	(1)	_____	_____	_____
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HEALTH, PHYSICAL EDUCATION AND RECREATION Emphasis Requirements (23 credit hours)

Health (5 hours)

Personal & Community Health	HPER 201	(3)	_____	_____	_____
First Aid	HPER 204	(2)	_____	_____	_____

Physical Education (8 hours)

Intro. to Physical Education	HPER 102	(3)	_____	_____	_____
Techniques of Officiating	HPER 202	(2)	_____	_____	_____
Care & Prev. of Athl. Injuries	HPER 230	(3)	_____	_____	_____

Recreation (2 hours)

Lifeguard Training	HPER 209	(2)	_____	_____	_____
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Additional Electives (8 hours)

_____	()	_____	_____	_____
_____	()	_____	_____	_____
_____	()	_____	_____	_____
_____	()	_____	_____	_____
_____	()	_____	_____	_____

Haskell Indian Nations University
Associate of Arts
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 Elective Courses

ELECTIVE COURSES

HEALTH

Personal Hygiene	HPER 100	(2)	_____	_____	_____
Introduction to Nutrition	HPER 160	(3)	_____	_____	_____
Diabetes and the Native American	HPER 161	(3)	_____	_____	_____

PHYSICAL EDUCATION

Weight Training and Conditioning	HPER 101	(1)	_____	_____	_____
Fund. of Conditioning for Basketball	HPER 103	(1)	_____	_____	_____
Body Weight Control	HPER 104	(1)	_____	_____	_____
Golf and Archery	HPER 105	(1)	_____	_____	_____
Racquetball	HPER 106	(1)	_____	_____	_____
Jogging and Basketball	HPER 107	(1)	_____	_____	_____
Beginning Swimming	HPER 108	(1)	_____	_____	_____
Intermediate Swimming	HPER 109	(1)	_____	_____	_____
Advanced Swimming	HPER 110	(1)	_____	_____	_____
Tech. of Officiating Basketball	HPER 203	(2)	_____	_____	_____
Intro. to Coaching Football/Wrestling	HPER 205	(2)	_____	_____	_____
Intro. to Coaching Basketball/Golf	HPER 206	(2)	_____	_____	_____
Intro. to Coaching Softball/Track	HPER 207	(2)	_____	_____	_____
Intro. to Coaching Volleyball/XC	HPER 208	(2)	_____	_____	_____
Sport in Society	HPER 240	(3)	_____	_____	_____
Practicum in Coaching Team Sports	HPER 250	(2)	_____	_____	_____
Internship in Athletic Training	HPER 260	(4)	_____	_____	_____

RECREATION

Intro. in Recreation Administration	HPER 131	(3)	_____	_____	_____
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