

# HEALTH AND RECREATION

## ASSOCIATE OF APPLIED SCIENCE (AAS) - 60 CREDITS

### Program Plan — "FF - AAS"

Locations: Fergus Falls

#### 1st Fall Term (15 credits)

##### Courses

Course	Crds
BUS1146 - Personal Finance .....	3
FYE1000 - Student Success Strategies .....	1
HLTH1010 - Introduction to Sports Nutrition .....	3
HLTH1122 - CPR-First Aid .....	1
HPER2500 - Introduction to Sports Psychology .....	3
PE1141 - Introduction to Strength Training .....	1
PE2254 - Sports in Society .....	3

#### 1st Spring Term (15 credits)

##### Courses

Course	Crds
BIOL1104 - Biology of Human Concerns .....	3
ENGL1101 - College Writing .....	3
HPER2502 - Foundations of Sports Officiating .....	2
PDEV1102 - Contemporary Career Search .....	1
PE2145 - Advanced Strength Training .....	1
PE2240 - Athletic Injury, Care and Prevention .....	2
PE2241 - Principles of Coaching .....	3

#### 2nd Fall Term (16 credits)

##### Courses

Course	Crds
BUS2250 - Sport Marketing .....	3
CHEM1103 - Chemistry of Food and Cooking .....	4

##### 3 credits in one or more of the following:

COMM1120 - Introduction to Public Speaking .....	3
COMM1140 - Interpersonal Communication .....	3

##### 3 credits in one or more of the following:

HLTH1000 - Introduction to Healthcare .....	3
PE2100 - Introduction to Sport Management .....	3

##### 3 credits in one or more of the following:

General Education w/MnTC Goals

#### 2nd Spring Term (14 credits)

##### Courses

##### 6 credits in one or more of the following:

Course Subject: BIOL

<b>Course</b>	<b>Crds</b>
HLTH1116 - Medical Terminology .....	3
HPER2501 - Leadership and Ethics of Sports and Recreation .....	3
PE1109 - Wellness Skills .....	2

- Course Subject: CHEM
  - Course Subject: HLTH
  - Course Subject: HPER
  - Course Subject: PE
  - Course Subject: PSYC
  - Course Subject: SOC
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