

HEALTH AND RECREATION

ASSOCIATE OF APPLIED SCIENCE (AAS) - 60 CREDITS

About this program

The Health and Recreation AAS degree prepares students for entry-level employment in health, fitness and sport industries. The program provides students with foundational knowledge in human movement, strength and conditioning, coaching principles, injury prevention, sport psychology and leadership, along with applied skills relevant to fitness, coaching, recreation and athletic performance settings.

Program outcomes

1. Apply foundational principles of health, physical education and exercise science by demonstrating a basic understanding of human anatomy, physiology, movement and exercise concepts as they relate to fitness, coaching and physical performance.
2. Design and implement safe training activities. Apply appropriate strength training, conditioning and physical activity strategies that promote health, performance and injury prevention for diverse populations.
3. Demonstrate effective coaching and leadership skills. Utilize coaching principles, communication strategies and leadership techniques to support individual and team performance in sport, fitness or recreation settings.
4. Promote safety, wellness and injury prevention. Apply first aid, CPR and injury prevention concepts to respond appropriately to common physical activity-related emergencies and risk situations.
5. Integrate ethical and professional standards. Demonstrate ethical decision-making, professionalism and leadership behaviors consistent with industry standards in exercise science, fitness and sport-related professions.
6. Communicate effectively in professional settings. Use written, verbal and interpersonal communication skills appropriate for working with clients, athletes, colleagues and supervisors in health and sport environments.
7. Apply basic sport and fitness industry knowledge. Demonstrate an understanding of sport and fitness industry operations, including marketing, management concepts and financial literacy relevant to entry-level employment.
8. Demonstrate career readiness skills. Exhibit employability skills such as teamwork, time management, professionalism and self-reflection necessary for success in the exercise science and sport workforce.

Curriculum overview

Crds	Requirement type
45	Required courses
6	Restricted electives in courses
6	Restricted electives in subjects
3	Restricted electives in course types
60	Total

Developmental courses note: A student may be required to enroll in developmental courses in reading, writing and math. A student's scores on the Accuplacer assessment will determine enrollment in developmental courses. The purpose of developmental courses is to prepare students for the demands of a college-level curriculum. *Credits may vary.*

Accreditation: Minnesota State Community and Technical College is accredited by the Higher Learning Commission, a regional accreditation agency recognized by the U.S. Department of Education. The Higher Learning Commission 230 South LaSalle Street, Suite 7-500 Chicago, IL 60604-1411 <http://www.ncahigherlearningcommission.org> Phone: 312.263.0456 / 800.621.7440

Curriculum requirement details

Required courses

Course	Crds
BIOL1104 - Biology of Human Concerns	3
BUS1146 - Personal Finance	3
BUS2250 - Sport Marketing	3
CHEM1103 - Chemistry of Food and Cooking	4
ENGL1101 - College Writing	3
FYE1000 - Student Success Strategies	1
HLTH1010 - Introduction to Sports Nutrition	3
HLTH1116 - Medical Terminology	3
HLTH1122 - CPR-First Aid	1
HPER2500 - Introduction to Sports Psychology	3
HPER2501 - Leadership and Ethics of Sports and Recreation	3
HPER2502 - Foundations of Sports Officiating	2
PDEV1102 - Contemporary Career Search	1
PE1109 - Wellness Skills	2
PE1141 - Introduction to Strength Training	1
PE2145 - Advanced Strength Training	1
PE2240 - Athletic Injury, Care and Prevention	2
PE2241 - Principles of Coaching	3
PE2254 - Sports in Society	3

Other requirements or restricted electives

3 credits from one or more of these Courses:

Course title	Credits
COMM1120 - Introduction to Public Speaking...	3
COMM1140 - Interpersonal Communication	3

3 credits from one or more of these Courses:

Course title	Credits
HLTH1000 - Introduction to Healthcare	3
PE2100 - Introduction to Sport Management ...	3

6 credits from one or more of these Subjects:

- BIOL
- CHEM
- HLTH
- HPER
- PE
- PSYC
- SOC

3 credits from these Course Types:

- General Education w/MnTC Goals

Course summaries

BIOL1104 - Biology of Human Concerns (3 credits)

Meets MnTC Goal Areas 2 and 3. This course explores issues related to human biology with reference to genetics, nutrition, health, disease or other contemporary issues. Elements of molecular, cell and organismal biology are introduced as needed to understand the topics studied. This course is intended for non-science majors and consists of lecture and laboratory components.

BUS1146 - Personal Finance (3 credits)

This course equips students with essential personal finance skills for lifelong financial well-being. It combines behavioral finance principles, practical money management and advanced financial tools. Topics include financial decision-making psychology, income strategies, credit/debt analysis, risk management, investments, taxation, retirement planning and major expenditures. The curriculum emphasizes hands-on budgeting, case studies and real-world applications to bridge theoretical concepts with actionable skills.

BUS2250 - Sport Marketing (3 credits)

Sport Marketing is a specialized course that prepares students to address marketing issues specific to the sports industry. This course analyzes the field of sports in terms of the practices, applications and strategies of mainstream marketing. Subjects include sponsorship, endorsements, licensing, market segmentation, promotional strategy for sports products, and emerging issues in sports marketing and explores strategies for success in marketing sports events, products and services.

CHEM1103 - Chemistry of Food and Cooking (4 credits)

Meets MnTC Goal Areas 2 and 3. This course introduces students to the chemistry of food and reactions or processes of cooking. Topics include the structures and properties of food components, the chemical reactions that occur in the preparation, processing and storage of food, and how these processes affect food safety, quality and sensory experiences. Intended for non-science major students, the course focuses on developing and demonstrating scientific literacy, quantitative analysis skills and critical thinking. This course includes a lab in which students explore science through food.

Prerequisites:

- Recommended that students have taken MATH0095 -Elementary algebra II, or equivalent, prior to taking this course.

ENGL1101 - College Writing (3 credits)

Meets MnTC Goal Area 1. This is an introductory course designed to prepare students for later college and career writing through a process approach with particular emphasis on revision. Students consider purpose and audience as they read, discuss and refine their work to develop confidence in their writing and communication skills.

Prerequisites:

- ELL1085
- ENGL0097
- or placement in College Level English.

FYE1000 - Student Success Strategies (1 credits)

This course will help students develop practical strategies for success in college and in life. Students will engage in interactive assignments to explore, identify and clarify goals and will develop a better understanding of themselves by analyzing personal choices.

HLTH1010 - Introduction to Sports Nutrition (3 credits)

This course studies the value of sports nutrition, with emphasis on nutrition as it applies to fitness, sport-specific training and peak athletic performance. It also studies nutrient requirements and dietary recommendations for multiple sports and levels of performance, energy metabolism and essential nutrient needs during training and competition. Students examine the importance of proper nutrition for a healthy mind and body to achieve peak athletic performance.

HLTH1116 - Medical Terminology (3 credits)

This course covers prefixes, suffixes and root words used to compose medical terms. The student learns to spell, pronounce, define, analyze and formulate terminology related to body structure, disease, diagnosis and treatment. Medical abbreviations are also included.

HLTH1122 - CPR-First Aid (1 credits)

This course teaches basic life support using American Heart Association or American Red Cross guidelines and first aid using American Academy of Orthopaedic Surgeons(AAOS) or American Red Cross guidelines.

HPER2500 - Introduction to Sports Psychology (3 credits)

This course provides an overview of the growing field of sport psychology, including motivation, communication, energy management, stress management, goal setting, peak performance strategies and the relationship of meaningful learning to successful athletic coaching.

HPER2501 - Leadership and Ethics of Sports and Recreation (3 credits)

This course is designed to provide a foundational exploration of ethical decision-making within the sports and recreation context. Students examine core values promoted within sports and recreation, analyze common ethical dilemmas, and consider how those in leadership roles influence an ethical culture. Topics include but are not limited to leadership roles and responsibilities, goals and assessment of programs that involve participants at all ages, and parent and fan expectations. This class also examines deviant behavior within sports and recreation, including such topics as cheating, gambling and misuse of public funds.

HPER2502 - Foundations of Sports Officiating (2 credits)

This course is designed to provide an in-depth understanding of overall responsibilities and career trajectories of sports officials. Students study the concepts of game management, conflict resolution and officiating styles, and develop an officiating philosophy that can be applied to all ages and skill levels. Students taking this course are introduced to how an official should interact with coaches, players and spectators.

PDEV1102 - Contemporary Career Search (1 credits)

This course covers such contemporary career topics as employer expectations, job market trends and networking, and various aspects of the employment search process including legal and ethical issues. To apply their knowledge of the employment process, students develop resumes, letters and applications, as well as identify and use effective interviewing techniques. This course emphasizes a comprehensive knowledge of career processes that will serve students throughout their working lives.

PE1109 - Wellness Skills (2 credits)

This course is designed to introduce wellness concepts and provide the knowledge and skills necessary to develop a healthy physical, mental and social lifestyle. Students will actively seek to develop and maintain a balance of these elements through increased knowledge of appropriate activities including positive and responsible belief systems and choices. Topics may include anatomy, physiology, kinesiology, emotional/mental health, nutrition, fitness, weight management, drug use/abuse, planning and commitment to change. Course includes physical activity participation by students.

PE1141 - Introduction to Strength Training (1 credits)

This course is an introduction to weight lifting, weight room safety, periodization, energy systems, nervous system, muscular system and how this information is used to formulate a weight training program as a means to achieve muscular strength, muscular endurance, tone or size. This class may be repeated once for credit.

PE2145 - Advanced Strength Training (1 credits)

This course is designed for students who have an advanced knowledge and skill of strength training. Students will be expected to employ safety in the weight room. Students will develop a needs analysis plan that includes best training practices and goals. Students also will construct a principles of progression outline and develop and implement an individual strength training program that can be documented for progression of training and measurement of goals.

Prerequisites:

- PE1141

PE2240 - Athletic Injury, Care and Prevention (2 credits)

This course is offered to coaches interested in sports medicine and students interested in coaching and/or athletic training. It is designed to enhance the student's knowledge and performance in sports medicine. The course will cover athletic injury prevention measures, injury care and management, basic injury assessment, nutrition and specific athletic injuries and related problems.

PE2241 - Principles of Coaching (3 credits)

This course is designed to introduce students to athletic coaching philosophies, basic coaching concepts in team and individual sports and theories involved in coaching. Emphasis will be on legal issues surrounding coaching, developing coaching philosophies, exploring diversity in coaching, and rules and regulations associated with coaching at different levels.

PE2254 - Sports in Society (3 credits)

This course involves a discussion of the impact of sports in society and the values we place on sports. The course will explore the values, virtues, consequences, rights and responsibilities of sports in our culture. The course is designed to improve the understanding of legal, racial, academic and moral issues of sports and athletics.

COMM1120 - Introduction to Public Speaking (3 credits)

Meets MnTC Goal Area 1. This course clarifies the process of oral communication, clarifies the basic principles of public speaking and allows the student to increase the application of these principles while both speaking and listening.

COMM1140 - Interpersonal Communication (3 credits)

Meets MnTC Goal Area 1. This course will focus on improving students' abilities to communicate effectively in one-to-one dyadic encounters by providing experience-based instruction. Extensive in-class and out-of-class analyses allow the student to examine his/her own and others' informal social interactions. The long-term goal is for the student to apply interpersonal communication theories to daily interactions and draw his/her own conclusions about the effectiveness of interpersonal communication.

HLTH1000 - Introduction to Healthcare (3 credits)

This course provides a high-level, experiential overview of the basic aspects of various healthcare-related fields of study. Topics include communication, awareness and sensitivity, successful behaviors in a healthcare setting, healthcare ethics, safety and standard precautions, legal issues in healthcare, diversity in a healthcare setting, handling patient records, and career exploration.

PE2100 - Introduction to Sport Management (3 credits)

This course is designed to introduce the student to the dynamic nature of sports management. Topics may cover sports within our culture, sports enterprise, communication, public relations and use of social media. Sport event themes will be covered and include topics such as amateur sports participation, for-profit sports participation, tournament operations and sporting goods.



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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

Course	Crds
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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