RECREATION

The recreation program is designed to provide students with the basic knowledge, skills, and strategies for opportunities in recreation. The student majoring in recreation will work to promote recreational activities within communities and engage those communities through social relationships and promotion of health. Successful graduates may choose to complete a bachelor's degree at a four-year college or university.

Suggested Pathway of Study for Associate of Arts Degree (2 years)

FIRST YEAR

First Semester

Course	Credits
ENGL 1010 English Composition I*	3
PSYC 1810 Introduction to Psychology*	3
MATH 1100 **OR** Higher*	3-5
PHYS 1100 Physical Science*	4
HPER 1510 Introduction to Health, Physical Education, and Recreation**	3
	16-18

Second Semester

Course	Credits
ENGL 1020 English Composition II*	3
Oral Communication*	3
Fine Arts and Language*	3-4
SOCI 1010 Introduction to Sociology*	3
HPER 1550 Lifetime Wellness**	3
	15-16

SECOND YEAR

First Semester

Course	Credits
HPER 2300 Stress Management**	3
HPER 1350 Recreational Games**	2
History*	3
Elective(s)**	8
	16

Second Semester

Course	Credits
HPER 1245 Weight Management**	1
HPER 2110 Individual and Dual Sports**	3
HPER 2400 Care & Prevention of Athletic Injuries**	3
HPER 2310 Community Health**	3
HPER 2160 Team Sports**	3
Elective(s)**	3
	16

Total Credit Hours	63-66

To earn an associate of arts degree, a student must satisfactorily complete a minimum of 60 semester hours that include the general education requirements.

*Course fulfills a general education requirement for Northeast Community College. See general education requirements.

**Recommended electives: HPER 1150 Sports Officiating, HPER 1191 Spinning, HPER 1240 Circuit Training, HPER 1270 Aerobic Fitness, HPER 1272 TRX/BOSU Training, HPER 1325 Introduction to Yoga, HPER 1326 Introduction to Pilates, HPER 1360 Body Conditioning, HPER 2060 Weight Training, HPER 1271 Fitness for Aging Population, HPER 1521 Nutrition for Aging Population, HPER 1210 Badminton, HPER 1260 Golf, HPER 1290 Racquetball, HPER 1320 Water Aerobic Fitness. See advisor for assistance choosing elective(s) based on professional goals and transfer institution.