

# Social Science & Education

**Volunteer State**  
COMMUNITY COLLEGE

Health, Physical Education  
& Wellness

This course of study should allow the student to complete the first two years (an associate's degree) of a four year (a bachelor's degree) degree program at a university with the career goal of working in the fitness/wellness industry with sports clubs, YMCAs, corporate offices to enhance the wellness of the individual workers.

Requirement	Course Options*	Credits
<u>General Education Courses</u>		
<u>Course</u>	<u>Curriculum Area or Course Title</u>	<u>Credit</u>
COM 100 or 103	Communication	3
ENGL 1010, 1020	English Composition I, II	6
HIST	History (1110&1120 or any 2 of 2010,2020 or 2030)	6
	Humanities and/or Fine Arts (Must include at least 1 Lit)	9
MATH 1010	Math for Liberal Arts (or higher level)	3
	Natural Sciences	8
HED 120	Social/Behavioral Sciences (HED 120 + One Course)	6
		41
<b>Recommended Area of Emphasis Courses</b>		
HED 100	Personal Health	3
HED 110	Community Health	3
HED 200	First Aid and Safety/CPR	3
HED 220	Principles of Nutrition	3
PHED 220	Care of Athletic Injuries	3
PHED 240	Intro to Physical Education and Activity	3
PHED	Physical Education Activity course elective	1
		19
	<b>TOTAL</b>	<b>60</b>

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