

Area of Study: Health Sciences
Pathway: Health, Sport & Exercise Science
Degree type: Associate in Science
Curriculum Code: HSE.PED.AS (U230A36)

(Total Program Credits: 60)

Triton’s Health, Sport and Exercise Science department offers a program that is as diverse as Triton’s student body. If you want to major in Physical Education, Health or Exercise Science, want to be involved in sports or are simply interested in keeping fit, you can choose from a variety of transferable credit courses/concentrations.

PROGRAM LEARNING OUTCOMES:

At the successful completion of the Associate in Science Degree (Health, Sport and Exercise Science) emphasis, the graduate will be able to:

- differentiate the various professions to knowledgably enter the field of health, sport, and exercise science;
- describe the dimensions of health that impact personal wellness;
- identify leadership and professional skills within the field of health, sport, and exercise science;
- prepare nutrition, exercise, and lifestyle behavioral plans to safely lose, gain, and maintain normal body composition; and
- describe the impact of physical activity and nutrition on the human body.

Placement Measures MAT, RHT, and COL sequence placement will be determined by an Academic Advisor. Contact your Academic Advisor before registering for courses.

Developmental education courses do not transfer. They assist students in the path towards college credit.

Program Map for Full-Time Students

Semester One: Fall	Category	Next Steps
RHT 101 Freshman Rhetoric & Composition I (3)	<i>Communication</i>	Meet with your Academic Advisor to create an academic plan. Explore transfer institutions and admissions requirements by attending transfer events .
MAT 170 Elementary Statistics (4)	<i>Mathematics</i>	
PSY 100 Introduction to Psychology (3)	<i>Social and Behavioral Science²</i>	
BIS 101 Human Biology (4)	<i>Life Science³</i>	
HTH 104 Science of Personal Health (2)	<i>Program Elective</i>	

16 Credit Hours

Note: Grade of “C” or higher is an IAI requirement for RHT 101 and RHT 102.

Semester Two: Spring	Category	Next Steps
RHT 102 Freshman Rhetoric & Composition II (3)	<i>Communication</i>	Meet with your Academic Advisor to update your academic and transfer plan. Create a Transferology account to explore how coursework transfers. Attend a Transfer 101 Workshop .
<i>Mathematics General Education Course (3-5)</i>	<i>Mathematics</i>	
<i>Fine Arts General Education Course (3)</i>	<i>Fine Arts</i> ¹	
CHM 140 (5) General Chemistry I (5) OR	<i>Physical Science</i> ³	
PHY 101 (5) General Physics		

14-16 Credit Hours

Note: Grade of "C" or higher is an IAI requirement for RHT 101 and RHT 102.

Semester Three: Fall	Category	Next Steps
SPE 101 Principles of Effective Speaking (3)	<i>Communication</i>	Meet with your Academic Advisor to update your academic and transfer plan. Attend a Ready to Apply Workshop .
SOC 100 Introduction to Sociology (3)	<i>Social and Behavioral Science</i> ²	
<i>Humanities General Education Course (3)</i>	<i>Humanities</i> ¹	
BIS 240 Human Anatomy & Physiology I (4)	<i>Program Elective</i>	
PED 153 Foundations of Exercise (3)	<i>Program Elective</i>	

16 Credit Hours

Semester Four: Spring	Category	Next Steps
BIS 150 Principles of Biology I (4)	<i>Life Science</i> ³	Meet with your Academic Advisor to finalize your transfer plan.
HTH 120 Nutrition Science (3)	<i>Program Elective</i>	Submit graduation petition by deadline (check for the specific date in catalog or syllabi.)
HTH 281 First Aid, CPR, AED (1)	<i>Program Elective</i>	
<i>Program Electives (6)</i>	<i>Program Electives</i>	Apply to your transfer institution(s).

14 Credit Hours

Note: Take one additional Humanities or Fine Arts and one additional Social and Behavioral Science course, to be eligible for the General Education Core Curriculum (GECC) Credential.

Program Electives (6)
Additional electives chosen from PED and HTH courses

(Select courses that meet the BS requirements of your transfer college.)

Optional Third Year for 3+1 Transfer Option with Concordia University

SPORT AND RECREATION SPECIALTY (HSE.SPR.AS)

Consult with an Advisor and Intended Transfer Institution for Elective Selection

Semester Five: Fall	Category	Next Steps
BUS 150 Principles of Management (3)	<i>Electives</i>	GECC Credential Achieved.
Humanities General Education Course (3)	<i>Humanities</i>	
Electives PED or BUS courses (8)	<i>Electives</i>	

14 Credit Hours

Semester Six: Spring	Category	Next Steps
Sport and Recreation Specialty PED or BUS Electives (8)	<i>Electives</i>	Finalize Transfer Plan
BUS 200 Intro to Human Resource Management (3)	<i>Electives</i>	
ECO 102 Macroeconomics (3)	<i>Electives</i>	

14 Credit Hours

<p>Sport and Recreation Specialty PED or BUS Electives (8-16): PED 106 Total Fitness (1) PED 168 Weight Training (2) PED 180 Sports Conditioning (3) PED 194 Principles of Coaching (3) PED 195 Introduction to Sport Management (3) PED 196 Sport and Exercise Psychology (3) PED 197 Sociology of Sport (3) PED 201 Sports Officiating (2) PED 210 Exercise Testing & Prescription (3) PED 275 Facilities Management (3) Or BUS elective Courses as selected with advisor</p>

(Select courses that meet the BS requirements of your transfer college.)

Graduation Requirements

General education requirements:

AS degree **Subtotal: 37-41**

Health, Sport and Exercise Science courses or other electives for AS degree **Subtotal: 19-23**

General Education Associate in Science requirements by discipline:

- **Communications:** Three courses (nine semester hours).
- **Humanities and Fine Arts:** Two courses (six semester hours), with at least one course selected from Humanities and at least one course from the Fine Arts;
- **Social and Behavioral Science:** two courses (six semester credits), with courses selected from at least two disciplines.

Graduation from an Illinois college or university requires satisfactory completion of one or more courses incorporating Human Diversity, which may be taken as a Humanities and Fine Arts or Social and Behavioral Science course.

- **Mathematics:** Two courses (six to nine semester hours).
- **Physical and Life Science:** Three courses (10-11 semester hours), with at least one course selected from the Life Sciences and one course from the Physical Sciences and including at least one laboratory course.

- **Foreign Language encouraged if transferring to a four-year institution.**

See PED course descriptions.

Chairperson: Julianne Murphy, Ext. 3087