

**Murray State College**  
Tishomingo and Ardmore

**Health - Wellness and Human Performance**

**PROGRAM REQUIREMENTS**

	Credit Hours
<b>GENERAL EDUCATION</b> .....	<b>38</b>
<b>EFFECTIVE COMMUNICATION</b> (6 hours)	
ENG 1113 English Composition I .....	3
ENG 1213 English Composition II .....	3
<b>HISTORY &amp; POLITICAL AWARENESS</b> (6 hours)	
HST 1483 US History to 1877 (or) .....	3
HST 1493 US History since 1877	
GVT 1113 American Federal Government .....	3
<b>MATH &amp; QUANTITATIVE REASONING</b> (3 hours)	
MTH 1513 College Algebra (or) .....	3
MTH 1413 Survey of Math	
<b>SCIENTIFIC REASONING</b> (8 hours)	
PHS 1114 General Physical Science .....	4
Any Area 3 lab course from college catalog .....	4
(Must include an Area 3 lab course from college catalog.)	
<b>HUMANITIES</b> (6 hours)	
Any course with a HUM prefix .....	3
Any Area 4 course from college catalog .....	3
<b>LIBERAL ARTS &amp; GLOBAL AWARENESS</b> (3 hours)	
SOC 1113 Intro to Sociology (or) .....	3
PSY 1113 Introductory Psychology (or)	
Any Area 6 course from college catalog	
<b>COMPUTER PROFICIENCY</b> (3 hours)	
CIS 1113 Computer Applications (or) .....	3
Demonstrated Proficiency	
<b>ARTS &amp; SCIENCES</b> (2 hours)	
Any Area 7 Course from college catalog .....	3
<b>ACADEMIC SUCCESS</b> (1 hour, if applicable)	
ORI 1011 New Student Orientation .....	(1)
<b>PROGRAM CORE REQUIREMENTS</b> .....	<b>20</b>
HWP 1112 Personal Health .....	2
HWP 1132 Lifetime Wellness .....	2
HWP 2212 First Aid .....	2
HWP 2222 Sports Rules and Officiating .....	2
HWP 2242 Theory of Coaching Basketball (or) .....	2
HWP 2232 Theory of Coaching Baseball	
HWP 2962 Introduction to Kinesiology .....	2
HWP 2713 Care/Prevention of Athletic Injuries .....	3
HWP 2912 Health/Wellness Issues Awareness .....	2
NUT 1553 Nutrition .....	3
*Substitutions may be made with prior departmental approval.	
<b>RECOMMENDED PROGRAM ELECTIVES</b> .....	<b>4</b>
AP 2124 Human Anatomy and Physiology I .....	4
<b>TOTAL CREDIT HOURS</b> .....	<b>62</b>
<b>HEALTH, WELLNESS, &amp; HUMAN PERFORMANCE</b>	
HWP Personal Health, First Aid, or Activity .....	2
Courses (i.e., Swimming, Bowling, Golf, Tennis, Dance, Weight Training, Walking/Jogging, Women's Fitness, etc.)	
<b>MSC TOTAL CREDIT HOURS REQUIRED</b> .....	<b>64</b>

**SUGGESTED COURSE SEQUENCE**

	Credit Hours
<b>FIRST SEMESTER</b> .....	
ORI 1011 New Student Orientation .....	1
ENG 1113 English Comp I .....	3
HWP 1112 Personal Health (or) .....	2
HWP 2212 First Aid	
HWP 1132 Lifetime Wellness .....	2
PHS 1114 General Physical Science .....	4
CIS 1113 Computer Applications .....	3
<b>SECOND SEMESTER</b> .....	
HWP 1112 Personal Health (or) .....	2
HWP 2212 First Aid	
HWP 2222 Sports Rules and Officiating .....	2
ENG 1213 English Comp II .....	3
MTH 1513 College Algebra (or) .....	3
MTH 1413 Survey of Math	
Liberal Arts Elective .....	3
Program Electives .....	2
HWP Activity Class .....	1
<b>THIRD SEMESTER</b> .....	
HWP 2962 Introduction to Kinesiology .....	2
HWP 2242 Theory Coaching Basketball (or) .....	2
HWP 2232 Theory Coaching Baseball	
HST 1483 US History to 1877 (or) .....	3
HST 1493 US History since 1877	
Scientific Reasoning w/Lab Elective .....	4
Humanities Elective .....	3
Program Electives .....	2
HWP Activity Class .....	1
<b>FOURTH SEMESTER</b> .....	
HWP 2713 Care/Prevention Athletic Injuries .....	3
NUT 1553 Nutrition .....	3
GVT 1113 American Federal Government .....	3
HWP 2912 Hlth/Well Issue Awareness .....	2
Humanities Elective .....	3

This is a suggested course sequence only. Students may, with guidance from an Academic Advisor as well as a Faculty Advisor, make changes to their specific course sequence. The student should be aware that changes may result in more than four semesters to complete their desired Associates Degree.

**PROGRAM OVERVIEW**

The course offerings in Health Wellness and Human Performance are designed to provide the basic courses which are prerequisite to advanced study in the field and to assist students in the development of physical skills and to provide instruction which will promote personal health wellness.

Students should choose electives in consultation with their academic advisor and based on the catalog of the college/university to which they plan to transfer.

**CAREER OPPORTUNITIES**

- Coaching
- Teaching
- Health and Fitness
- Health and Sports Management

**GENERAL COLLEGE PREPARATORY REQUIREMENTS**

MSC evaluates students for placement into either transitional or college-level courses, whichever will lead to the greatest possibility of student success. Academic placement is determined either by ACT test scores or by COMPASS test scores. These tests are administered in the Testing Centers at MSC Tishomingo or UCSO Ardmore. Based upon the scores, some or all of the following seven (7) courses may need to be taken:

MTH 0103 Introductory Math  
ENG 0103 Reading I

MTH 0303 Beginning Algebra  
ENG 0403 Basic English II

MTH 0403 Intermediate Algebra  
SCI 0103 Basic Science

ENG 0303 Basic English I  
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