

Murray State College
Degree Check Sheet 2018-2019
Associate of Science Degree in Health, Wellness and Human Performance

Required credits for the degree – 62-63 Credit Hours

Name: _____ Graduation Advisor Signature: _____
 ID: _____ Date: _____

General Education Requirements (38-39 Credits)	Credits	Grade	Semester	Notes
English Composition (6 Credits)				
ENG 1113 English Composition I	3			
ENG 1213 English Composition II	3			
History and U.S. Government (6 Credits)				
HST 1483 US History to 1877 (or) HST 1493 US History since 1877	3			
GVT 1113 American Federal Government	3			
Science (8 Credits)				
PHS 1114 General Physical Science (or) other science course	4			
BIO 1114 General Biology (or) other lab science course	4			
Humanities (6 Credits) Courses are to be selected from the Humanities related electives, see listing for acceptable courses in the college catalog General Education Core, Section A, Area 4.				
Any course with HUM, MU, or TH prefix	3			
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Mathematics (3 Credits)				
MTH 1213 Modern Mathematics (or) MTH 1413 Survey of Mathematics (or) MTH 1513 College Algebra	3			
Liberal Arts (3 Credits)				
SOC 1113 Intro to Sociology (or) PSY 1113 Introductory Psychology	3			
Arts and Science (3 Credits)				
Any Area 7 course from the college catalog	3			
Computer Proficiency (3 Credits)				
CIS 1113 Computer Applications (or displayed proficiency)	3			
Student Success (1 Credit) (first semester- first-time Freshman)				
COL 1211 Success Strategies	1			

Program Core and Recommended Electives - 24 Credit Hours Required)

Program Core Requirements (20 Hours)	Credits	Grade	Sem	Recommended Program Electives (4 Hours)	Credits	Grade	Sem
HWP 1112 Personal Health	2			AP 1113 Applied Anatomy	3		
HWP 1132 Lifetime Wellness	2			AP 2124 Anatomy and Physiology I	4		
HWP 2212 First Aid	2			AP 2134 Anatomy and Physiology II	4		
HWP 2222 Sports Rules and Officiating	2			Credit Hours Required:	4		
HWP 2232 Theory of Coaching Baseball (or) HWP 2242 Theory of Coaching Basketball	2 2			Suggested Elective Activity Classes <i>Will Only Apply to Graduation after 60 Credits Earned</i>			
HWP 2713 Care/Prevention Athletic Injuries	3			HWP 1021 Beginning Weight Training	1		
HWP 2812 Health/Wellness Issue Awareness	2			HWP 1071 Beginning Golf	1		
HWP 2962 Introduction to Kinesiology	2			HWP 1081 Women's Fitness	1		
NUT 1553 Nutrition	3			HWP 1131 Walking and Jogging	1		
Credit Hours Required:	20						

Total Credit Hours Required for the A.S. in Health, Wellness and Human Performance Degree: - 62-63
 15 hours in residence at MSC _____
 Min. 2.0 GPA _____
 Min. 38 Hours in Gen Ed Core _____

MURRAY STATE COLLEGE

Associate in Health, Wellness and Human Performance

Catalog Year 2018-2019

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

Career Opportunities with a Degree in Health, Wellness and Human Performance include: Teaching, Coaching, Biomechanics, Kinesiology, Athletic Training, Health and Fitness, Sports Management, and Sports Administration

FALL SEMESTER 1		
COURSE	TITLE	CREDITS
COL 1211/ 1211L	Success Strategies	1
ENG 1113	English Composition I	3
HST 1483/HST 1493	US History to 1877/US History since 1877	3
HWP 1112	Personal Health	2
PHS 1114	General Physical Science	4
Humanities	Humanities Course	3
TOTAL CREDITS		16

SPRING SEMESTER 1		
COURSE	TITLE	CREDITS
Math	College Level Math	3
Humanities	Humanities Course	3
SOC 1113/PSY 1113	Introduction to Sociology/Introductory Psychology	3
ENG 1213	English Composition II	3
HWP 1132	Lifetime Wellness	2
HWP 2212	First Aid	2
TOTAL CREDITS		16

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
GVT 1113	American Federal Government	3
BIO 1114	General Biology	4
Arts/Sciences	Any Area 7 Course from Catalog	3
HWP 2962	Introduction to Kinesiology	2
HWP 2222	Sports Rules and Officiating	2
HWP 2232/2242	Theory of Coaching Baseball/Theory of Coaching Basketball	2
TOTAL CREDITS		16

SPRING SEMESTER 2		
COURSE	TITLE	CREDITS
NUT 1553	Nutrition	3
CIS 1113	Computer Applications	3
HWP 2713	Care/Prevention Athletic Injuries	3
HWP 2812	Health/Wellness Issue Awareness	2
AP 2124	Anatomy and Physiology I	4
TOTAL CREDITS		15

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.

GENERAL COLLEGE PREPARATORY REQUIREMENTS

Students may be required to complete transitional courses in English and/or math prior to being admitted into college level courses.

Academic placement is determined either by ACT results or placement exams.