

# Personal Health

## CERTIFICATE

Requirements for Students for Academic Year 2023-2024

GENERAL EDUCATION REQUIREMENTS 12 HOURS (Check catalog listings for prerequisites)		
Area	Hours	To be selected from:
Humanities	6	Any course designated (H) (See course descriptions for designations.)
Computer Literacy	3	COMS 1133 Fund. Of Computer Usage OR AGRI 2113 Microcomputers in Agriculture
General Education Elective	3	One course from the following: Psychology, Sociology, Foreign Language or Fine Arts
PROGRAM REQUIREMENTS 24 HOURS (Check catalog course listings for prerequisites)		
College Orientation	1	EDUC 1111
Core Courses: 23 HOURS (Choose from list below. Check catalog listings for prerequisites.)		
Personal Health	3	HLTH 1113
First Aid/Responding to Emergencies	3	HLTH 1123
Care & Prevention of Athletic Injuries	3	HLTH 2383
Motor Learning	2	PHED 2512
Foundations of Physical Education	3	PHED 2133
Health of School Child	3	HLTH 2313
Community Health	3	HLTH 2353
Introduction to Psychology	3	PSYC 1113
Psychology of Personality Adjustment	3	PSYC 2113
Principles of Sociology	3	SOCI 1113
Social Problems	3	SOCI 2323
Theory of Coaching Baseball	2	PHED 2142
Theory of Coaching Basketball	2	PHED 2152
Theory of Coaching Cheerleading	2	PHED 2162
Legal Aspects of Sports	3	PHED 2223
Sports Officiating	2	PHED 2562
<i>(Students are encouraged to take HLTH 1113 but not required.)</i>		
Total Hours: 36		