

HEALTH, PHYSICAL EDUCATION, AND RECREATION

The health, physical education, and recreation program is designed to provide students with the basic knowledge, skills, and strategies for opportunities in health, human performance and wellness, physical education, athletic training, recreation, coaching, and athletics. Successful graduates may choose to complete a bachelor's degree at a four-year college or university.

Suggested Program of Study for Associate of Arts Degree (2 years)

FRESHMAN YEAR

First Semester	
Course	Credits
HPER 1550 Lifetime Wellness	3
HPER 1510 Introduction to Physical Education	3
ENGL 1010 English Composition I.....	3
MATH 1140 Intermediate Algebra.....	4
HPER Elective**	3
	<u>16</u>

Second Semester	
Course	Credits
HPER Basic Sports Series***	1
BIOS 1010 General Biology.....	4
EDUC 1110 Introduction to Professional Education.....	3
HPER 2200 First Aid & CPR for Health Care Provider	3
Oral Communication*	3
History*	3
	<u>17</u>

SOPHOMORE YEAR

First Semester	
Course	Credits
HPER 2110 Individual and Dual Sports	3
HPER 2400 Care and Prevention of Athletic Injuries	3
HPER 1520 Nutrition for Fitness and Sport	3
Humanities*	3
Social Science*	3
	<u>15</u>

Second Semester	
Course	Credits
HPER 2510 Physical Education in the Elementary School	3
HPER 2160 Team Sports.....	3
HPER Elective**	2
PSYC 1810 Introduction to Psychology.....	3
Fine Arts and Language*	3
Elective	1
	<u>15</u>

Total Credit Hours 63

To earn an associate of arts degree, a student must satisfactorily complete a minimum of 60 semester hours that include the general education requirements.

* See general education requirements.

** Recommended HPER electives: HPER 2300 Stress Management, PRTR 2210 Introduction to Personal Training, and BIOS 2250 Introduction to Human Anatomy and Physiology I.

*** Recommended Basic Sports Series Classes: HPER 1150 Sports Officiating, HPER 1200 Basketball, HPER 1240 Circuit Training, HPER 1245 Weight Management, HPER 1260 Golf, HPER 1270 Aerobic Fitness, HPER 1325 Introduction to Yoga, HPER 1326 Introduction to Pilates, HPER 1350 Recreational Games.

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As more emphasis is placed on the importance of exercise, more recreation workers will be needed to work in fitness centers, sports centers, and camps specializing in younger participants.

Job prospects will be best for those seeking part-time, season, or temporary recreation jobs. Duties that are typical in these settings design and lead activities to help people stay active, improve fitness, and have fun.

Workers with higher levels of formal education related to recreation should have better prospects at getting full-time positions. Volunteer experience, part-time work during school, and a summer job help build resumes.

The top industries in which recreation workers are employed are as follows:

- Nursing and residential care facilities
- Social assistance
- Local government, excluding education and hospitals
- Religious, grant-making, civic, professional, and similar organizations
- Arts, entertainment, and recreation

Source: <http://www.bls.gov/ooh/personal-care-and-service/recreation-workers.htm>

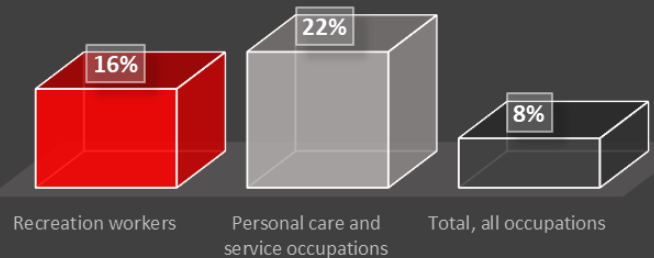


Amy Ries, MA, RD, LMNT

Health, Physical Education
Instructor
Health and Public Services Division

Office: 402.844.7317
amyr@northeast.edu

RECREATION WORKERS % change in employment, projected 2020-30



*Note: All Occupations includes all occupations in the U.S. Economy.
Source: U.S. Bureau of Labor Statistics, Employment Projections program.*

RECREATION WORKERS Median annual wages, May 2020



*Note: All Occupations includes all occupations in the U.S. Economy.
Source: U.S. Bureau of Labor Statistics, Occupational Employment Statistics.*

TUITION: Estimated 2021-22 in-state tuition and fees for an associate degree in this program is \$7,875.