

AS: Health & Human Performance

Curriculum Chair: Dr. Richard F. Gennaro Jr. Tel # (914) 606-7027 Email: Richard.Gennaro@sunywcc.edu

Academic Dean: Dr. Ronald Bloom Science Bldg. 252 Tel # (914) 606-6912 Email: Ronald.Bloom@sunywcc.edu

Developmental Courses as required based on placement scores

<input type="checkbox"/>	ENG 91 Writing for College 1 – Score of 4 E Code 1 and below, 30.01 Choose an item.
<input type="checkbox"/>	ENG 92 Writing for College 2 – Score of 6 E Code 2, 30.02 Choose an item.
<input type="checkbox"/>	ENG 99 Writing Studio with linked ENG 101+ - Score of 6 E Code 2, 30.02 OR successful completion of ENG 91
<input type="checkbox"/>	ESL 94 Academic Writing 1 – Score of 5 or 6 E Code 6, 20.01 .
3 <input type="checkbox"/>	ESL 122 Academic Writing 2 – Score of 7 E Code 7, 21.01
<input type="checkbox"/>	MATH 92 Pre-Algebra – Arithmetic score 44 and below, Elementary Algebra 54 and below, 40.01 Choose an
OR <input type="checkbox"/>	MATH 93 Beginning Algebra – Arithmetic score 45 and above, Elementary Algebra 54 and below, 40.02 Choose an item. MATH 94 Foundations of Mathematical Reasoning – Arithmetic score 45 and above, Elementary Algebra 54 and below, 40.02 Choose an item.
<input type="checkbox"/>	READ 93 Foundation of College Reading – Score of 57 and below, 10.01 Choose an item.
3 <input type="checkbox"/>	READ 105 Analytical Reading – Score of 58 and higher 11.01 Choose an item.

Core Requirements

3 <input type="checkbox"/>	ENG 101 – Writing and Research OR ENG 101H
3 <input type="checkbox"/>	ENG 102 – Writing and Literature OR ENG 102H
4 <input type="checkbox"/>	MATH 140 - Statistics
4 <input type="checkbox"/>	BIOL 121 – Anatomy & Physiology I and Lab
4 <input type="checkbox"/>	BIOL 123 – Anatomy & Physiology II and Lab
3 <input type="checkbox"/>	PSYCH 101 – General Psychology
3 <input type="checkbox"/>	COMM 109 – Speech Communication
3/4 <input type="checkbox"/>	<p>THE ARTS, FOREIGN LANGUAGE, or OTHER WORLD CIVILIZATIONS GENERAL ED REQUIREMENTS – Choose a 3/4 credit course:</p> <p>ART 101, 102, 103, 104, 105, 106, 107, 108, 109, 109A, 110, 111, 112, 125, 129, 130, 133, 134, 135, 137, 138, 140, 141, 147, 201, 203, 212, 265, DANCE 101, 102, 107, 112, 115, 120, 121, 205, 207, FILM 100, 101, 102, 130 MUSIC 110, 110H, 111, 120, 121, 130, 131, 132, 133, 150, 230, 231, 232, 233, THEAT 111, 113, 201</p> <p>ARABC 101, 102, CHINS 102, FREN 101, 102, 201, ITAL 101, 102, 103, 201, 201H, 202, 202H, 250, JAPNS 101, 102, RUSSN 101, SPAN 101, 102, 103, 104, 201, 201H, 202, 202H, 203, 204, ANTHR 120, 210, 215H, HIS 119, 128, 129, 131, POLSC 113</p>
3 <input type="checkbox"/>	<p>AMERICAN HISTORY or WESTERN CIVILIZATION GENERAL ED REQUIREMENTS – Select a 3 credit course:</p> <p>ART 108, 109, HIS 101A, 102A, 104, 106, 110, 111, 112, 121*, 133**, 134**, POLSC 102, 104, 107</p> <p><i>*Students who complete this course cannot use HIS 133 or 134 to fulfill degree and/or general education requirements</i></p> <p><i>**Students who complete this course cannot use HIS 121 to fulfill degree and/or general education requirements</i></p>
3 <input type="checkbox"/>	

Degree Requirements

3☐	HHP 101 – Personal Training BIOL 121 is a prerequisite, HHP 102 is a corequisite
1☐	HHP 102 – Personal Training Internship HHP 101 is a corequisite
1☐	HHP 120 – Trends in Fitness & Human Performance
3☐	HHP 130 – Fitness Assessment & Prescription
3☐	HHP 140 – Care & Prevention of Athletic Injuries
3☐	Human Performance Course Options - Choose one: HHP 150 – Foundations of Coaching Recommended for Physical Education Transfer Path OR HHP 160 – Principles of Athletic Training Recommended for ATC 4-year degree program
4☐	HHP 200 – Exercise Physiology (& Lab) BIOL 121 is a prerequisite
3☐	HHP 220 – Kinesiology BIOL 121 is a prerequisite
3☐	NUTR 101 – Nutrition
2☐	PEC 110 – Health and Fitness for Life
1☐	PEH 116 – First Aid/CPR/AED
	PHYSICAL EDUCATION ELECTIVES - 6 Credits - Choose six electives from the list below:
1☐	
1☐	
1☐	
1☐	
1☐	
1☐	

SEEN BY:

Completed credits

of 63 required

Physical Education Electives:

PEC 136 – Fitness - Soccer

PEC 137 - Fitness-Softball

PEC 138 - Fitness-Tennis

PEC 139 - Fitness - Volleyball

PEC 140 - Fitness - Golf

PEC 142 - Fitness-Badminton

PEC 143 - Fitness-Basketball

PEH 109 - Lifeguarding/First Aid/CPR/AED

PEH 110 - Swimming for Fitness

PEC 158 - Introduction to PE Activities

PEH 216 - Aerobic Exercise

PEH 218 - Exercise and Conditioning

PES 104 - Badminton-Tennis

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Academic Plan		Completed credits of 63 required			
		Fall/Spring		Fall/Spring	
<u>Class</u>	<u>Credits</u>	<u>Class</u>	<u>Credits</u>	<u>Class</u>	<u>Credits</u>
		ENG 101	3	ENG 102	3
		BIOL 121	4	HHP 200	4
		NUTR 101	3	HHP 101	3
		PEC 110	2	HHP 102	1
		PEH 116	1	MATH 140	4
		HHP 120	1	PE ELECTIVE	1
		PE ELECTIVE	1	PE ELECTIVE	1
		Fall/Spring		Fall/Spring	
<u>Class</u>	<u>Credits</u>	<u>Class</u>	<u>Credits</u>	<u>Class</u>	<u>Credits</u>
		BIOL 123	4	Arts/FL/Other World Civ	3/4
		COMM 109	3	American Hist/Western Civ	3
		PSYCH 101	3	HHP 140	3
		HHP 220	3	HHP 160/HHP 150	3
		HHP 130	3	PE ELECTIVE	1
				PE ELECTIVE	1
				PE ELECTIVE	1