



Northland Pioneer College

Name _____
NPC ID _____
Total Credits **64**

Associate of Applied Science –Physical Health and Performance (AAS) - 2025-26 Catalog Blocks are suggested for full-time students, but may be adjusted based on course scheduling, student employment, or individual needs.

Sports Medicine	Certificate of Proficiency 24 credits
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First Block (Semester 1)

X	Course	Notes	credits
	HES 112 Introduction to Sports Medicine		3
	BIO 181 General Biology I	Satisfactory Placement	4
	CHM 151 General Chemistry I	MAT 112 and high school chemistry or CHM 130 with a grade of "C" or better, or satisfactory placement prerequisite	4
	Elective	University Transferable Elective	4

Second Block (Semester 2)

X	Course	Notes	credits
	HPE 120 Sports Performance and Training		3
	HPE 131 Sports Psychology		3
	BIO 182 General Biology II	BIO 181 Prerequisite	4
	CHM 152 General Chemistry II	CHM 151 Prerequisite	4
	ENL 101 College Composition I	CCP 082 or Satisfactory Placement Prerequisite	3

Third Block (Semester 3)

X	Course	Notes	credits
	HES 145 Nutrition		3
	HPE 104 Personal Health		3
	HPE 116 Introduction to Exercise Science and Physical Education		3
	BIO 201 Human Anatomy and Physiology I	BIO 181 Prerequisite, CHM 130 or CHM 152 Co-requisite	4
	MAT 152 Advanced Algebra (Or any math course for which MAT 152 is a prerequisite)	MAT 112 Prerequisite or satisfactory placement.	3

Fourth Block (Semester 4)

X	Course	Notes	credits
	HPE 140 Contemporary Sports Management		3
	HPE 157 Kinetic Anatomy		3
	BIO 202 Human Anatomy and Physiology II	BIO 201 Prerequisite	4
	ENL 102 College Composition II	ENL 101 with a "C" or better Prerequisite	3
	PSY 101 Introduction to Psychology		3

Key

* = Prerequisite (Speak with your academic advisor or check the notes section for more information.)

Notes: This program mapping is a suggestion of how this program can be completed as a full-time student and may need to be adjusted based on the semester you start or your personal circumstance. Students should consult an advisor when they plan their individual completion path.

General education options are located in section IV, Programs, of the NPC college catalog. To be sure your general education course applies to your degree, speak with your academic advisor. The online version of the college catalog is located on our public website: <https://www.npc.edu/college-catalog>

Your Academic Plan

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