

Community Health

Associate in Science Degree 2012-2013

Program Requirements.....	27
Electives.....	3
General Education/MnTC.....	30
TOTAL CREDITS.....	60

PROGRAM INFORMATION:

This program will enable students to focus studies on health-related issues and interests. The program's interdisciplinary emphasis will address a variety of health topics and perspectives, and will allow students to begin to develop an understanding of personal, public, and community health issues. The program will provide the lower division coursework to form the basis for a four-year degree in public health, community health, health education, and related degree areas. Coursework will transfer to Saint Cloud State University, it may transfer in part or in its entirety to other institutions. For additional information please visit <http://www.anokaramsey.edu/>.

PROGRAM GOALS:

By completing this program, students will achieve the following learning goals:

1. Demonstrate the ability to gather and interpret evidence-based health and wellness information.
2. Understand and apply behavioral strategies to promote positive lifestyle choices.
3. Demonstrate knowledge and understanding of the physiological principles essential to health and wellness.
4. Demonstrate proficiency in oral and written communication related to topics in health.

COMPLETION REQUIREMENTS:

- A minimum of a grade of C must be earned in all program requirements.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- Students who have transferred to ARCC must have a minimum GPA of 2.0 in combined ARCC courses and accepted transfer courses.
- A minimum of **20 semester credits** applied toward the degree must be taken from ARCC. This requirement may be reduced from **20 to 12 semester credits** for students transferring in at least **8 semester credits** from either another MnSCU college or the University of Minnesota.
- Completion of specific degree requirements. Total of 60 credits.

Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program; many courses are offered in the evening.

	Fall Semester	Spring Semester
FIRST YEAR	CHEM 1020.....4	BIOL 1106.....4
	ENGL 1121.....4	SOC 1111.....3
	PSYC 1110.....4	MATH 1200.....3
	HPER 1120.....4	HPER 1110.....3
	TOTAL.....16	HPER 1108.....3
		TOTAL.....16
SECOND YEAR	BIOL 2113.....4	BIOL 2114.....3
	Gen Ed.....3	CMST 1110, 2215, or 22203
	Gen Ed.....3	HPER 1109 or 1115.....3
	HPER 1112.....3	HPER 1103.....3
	HPER 1102.....3	TOTAL.....12
	TOTAL.....16	

Program Requirements: 27 credits

- HPER 1102 Alcohol, Drugs & Tobacco.....3
- HPER 1103 First Aid/CPR.....3
- HPER 1108 Consumer Health.....3
- HPER 1110 Personal and Community Health.....3
- HPER 1112 Nutrition.....3
- HPER 1120 Wellness for Life.....4
- BIOL 2113* Anatomy and Physiology I.....4
- BIOL 2114* Anatomy and Physiology II.....4

Program Electives: 3 credits

Select a minimum of 3 credits from the following:

- HPER 1109* Public Health.....3
 - HPER 1115 Stress Management.....3
- * Must take to transfer to SCSU

General Education/MnTC Requirements: 30 credits

Complete at least 30 credits in the courses from the Minnesota Transfer Curriculum (MnTC), including all courses listed. You must complete at least one course in six of the ten goal areas. One course may satisfy more than one emphasis area, but the course credits may be counted only once.

- 1. **Communication**
 - ENGL 1121*.....4
 - CMST 1110 OR CMST 2215 OR CMST 2220.....3
 - 2. **Critical Thinking**
 - SOC 1111.....3
 - 3. **Natural Science** (2 courses required; 1 must be a lab course)
 - BIOL 1106*.....4
 - CHEM 1020*.....4
 - 4. **Mathematical/Logical Reasoning**
 - MATH.....1200*
3
 - 5. **History/Social/Behavioral Sciences**
 - PSYC 1110.....4
- Choose 2 courses from the following goal areas.....5
- 6. **Humanities/Fine Arts**
 - 7. **Human Diversity**
 - 8. **Global Perspective**
 - 9. **Ethical/Civic Responsibility**
 - 10. **People and the Environment**

* Course has a prerequisite. Prerequisites are listed on the course schedule and in the ARCC Catalog Course Descriptions pages.

NOTE: The requirements of this program are subject to change without notice. You are encouraged to contact an academic advisor, Cambridge Campus 763-433-1840 or Coon Rapids Campus 763-433-1240, for course planning assistance and information about transfer credit evaluation.

