

Community Health Associate in Science Degree 2008-2009

Core Requirements	27
General Education/MnTC	30
Electives	<u>3</u>
Total Credits	60

Program Information: The Associate in Science Degree with Emphasis in Community Health 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.

Program Goals: By completing this program, students will achieve the following learning outcomes: 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.

Program Admission: To apply for admission to the AS in Community Health degree program, identify AS in Community Health Sciences on your application form.

Developmental Courses: Courses numbered below 1000 will not apply toward an AS degree.

Program Core Requirements	27 credits	General Education/MnTC Requirements continued	Credits																																																																								
HPER 1102 Alcohol, Drugs & Tobacco	3																																																																										
HPER 1103 First Aid/CPR	3	2. Critical Thinking																																																																									
HPER 1110 Personal and Community Health	3	SOC 1111 General Sociology	3																																																																								
HPER 1112 Nutrition	3	3. Natural Science (2 courses required; 1 must be a lab course)																																																																									
HPER 1120 Wellness for Life	4	*BIOL 1106 Principles of Biology	4																																																																								
HPER 1108 Consumer Health	3	CHEM1020 Interpretive Chemistry	4																																																																								
*BIOL 2113 Anatomy and Physiology I	4	4. Mathematical/Logical Reasoning																																																																									
*BIOL 2114 Anatomy and Physiology II	4	MATH 1200 College Algebra	3																																																																								
		5. History/Social/Behavioral Sciences																																																																									
Program Electives:	3 credits	PSYC 1110 General Psychology	4																																																																								
Select a minimum of 3 credits from the following:	3	Choose 2 courses from the following goal areas	5																																																																								
**HPER 1109 Public Health (3 credits)		6. Humanities/Fine Arts																																																																									
HPER 1115 Stress Management (3 credits)		7. Human Diversity																																																																									
** Must take to transfer to SCSU		8. Global Perspective																																																																									
		9. Ethical/Civic Responsibility																																																																									
General Education/MnTC Requirements	30 credits	10. People and the Environment																																																																									
Complete at least 30 credits in the courses from the Minnesota Transfer Curriculum <u>including all courses listed</u> . You must complete at least 1 course in 6 of the ten emphasis areas. You may select courses that meet more than one emphasis area.																																																																											
1. Communication		*Course has a prerequisite																																																																									
ENGL 1121 College Writing and Critical Reading	4	Notes: (1) A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC. (2) A minimum of a grade of C must be earned in all Program Core Requirements. (3) A minimum of 60 semester credits numbered 1000 or above with a minimum of 20 credits taken at ARCC (reduced to 12 if 8 credits are transferred from another MNSCU institution or the U of M) is required for graduation.																																																																									
Select one of the following:	3																																																																										
SPCH 1110 Introduction to Speech Communication																																																																											
SPCH 2215 Public Speaking																																																																											
SPCH 2220 Interpersonal Communications																																																																											
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.																																																																											
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;"><u>First Year</u></th> <th colspan="4" style="text-align: center;"><u>Second Year</u></th> </tr> <tr> <th style="text-align: left;">FALL</th> <th style="text-align: right;">Credits</th> <th style="text-align: left;">SPRING</th> <th style="text-align: right;">Credits</th> <th style="text-align: left;">FALL</th> <th style="text-align: right;">Credits</th> <th style="text-align: left;">SPRING</th> <th style="text-align: right;">Credits</th> </tr> </thead> <tbody> <tr> <td>CHEM 1020</td> <td style="text-align: right;">4</td> <td>BIOL 1106</td> <td style="text-align: right;">4</td> <td>BIOL 2113</td> <td style="text-align: right;">4</td> <td>BIOL 2114</td> <td style="text-align: right;">4</td> </tr> <tr> <td>ENGL 1121</td> <td style="text-align: right;">4</td> <td>SOC 1111</td> <td style="text-align: right;">3</td> <td>General Education</td> <td style="text-align: right;">3</td> <td>SPCH 1110, 2215, or</td> <td></td> </tr> <tr> <td>PSYC 1110</td> <td style="text-align: right;">4</td> <td>MATH 1200</td> <td style="text-align: right;">3</td> <td>General Education</td> <td style="text-align: right;">2</td> <td>SPCH 2220</td> <td style="text-align: right;">3</td> </tr> <tr> <td>HPER 1120</td> <td style="text-align: right;"><u>4</u></td> <td>HPER 1110</td> <td style="text-align: right;">3</td> <td>HPER 1112</td> <td style="text-align: right;">3</td> <td>HPER 1109 or</td> <td></td> </tr> <tr> <td></td> <td></td> <td>HPER 1108</td> <td style="text-align: right;"><u>3</u></td> <td>HPER 1102</td> <td style="text-align: right;"><u>3</u></td> <td>HPER 1115</td> <td style="text-align: right;">3</td> </tr> <tr> <td style="text-align: right;">Total</td> <td style="text-align: right;">16</td> <td></td> <td style="text-align: right;"><u>3</u></td> <td></td> <td></td> <td>HPER 1103</td> <td style="text-align: right;"><u>3</u></td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">Total</td> <td style="text-align: right;">16</td> <td style="text-align: right;">Total</td> <td style="text-align: right;">15</td> <td style="text-align: right;">Total</td> <td style="text-align: right;">13</td> </tr> </tbody> </table>				<u>First Year</u>				<u>Second Year</u>				FALL	Credits	SPRING	Credits	FALL	Credits	SPRING	Credits	CHEM 1020	4	BIOL 1106	4	BIOL 2113	4	BIOL 2114	4	ENGL 1121	4	SOC 1111	3	General Education	3	SPCH 1110, 2215, or		PSYC 1110	4	MATH 1200	3	General Education	2	SPCH 2220	3	HPER 1120	<u>4</u>	HPER 1110	3	HPER 1112	3	HPER 1109 or				HPER 1108	<u>3</u>	HPER 1102	<u>3</u>	HPER 1115	3	Total	16		<u>3</u>			HPER 1103	<u>3</u>			Total	16	Total	15	Total	13
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You are encouraged to contact a counselor or an advisor, Cambridge Campus 763.433.1840 or Coon Rapids Campus 763.433.1230, for course planning assistance and information about transfer credit evaluation.

NOTE: The requirements of this program are subject to change without notice.