

### Program Information

The Associate of Science (AS) in Public and Community Health degree 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. For assistance in program planning, or to explore additional transfer options, students should schedule a time to meet with an academic advisor. This degree may transfer in part or in its entirety to baccalaureate institutions. Students should meet with a representative of the transfer institution when planning their program.

### 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 life-style choices;
3. Demonstrate knowledge and understanding of the physiological principles essential to health and wellness; and
4. Demonstrate proficiency in oral and written communication related to topics in health.

### Developmental Courses

Some students may need preparatory courses in the areas of English, mathematics, or reading. Courses numbered below 1000 will not apply toward this degree.

### Completion Requirements

- A minimum of 60 semester credits in courses numbered 1000 or above.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- Satisfy residency requirements.
- A minimum grade of C must be earned in all program requirements.
- Completion of specific degree requirements.
- To receive your diploma, you must apply to graduate.
- The requirements of this program are subject to change without notice.

### Program Requirements: 27 credits

- HPER 1102 Drugs, Alcohol, and Tobacco ..... 3
- HPER 1103 First Aid and 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♦ Human Anatomy and Physiology I..... 4
- BIOL 2114♦ Human Anatomy and Physiology II..... 4

♦ Course has prerequisite - see course schedule or catalog description.

^ Course requires Instructor permission.

NOTE: You are encouraged to contact an academic advisor at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.

### Program Electives: 3 credits

Choose a minimum of 3 credits from the following:

- HPER 1109 Introduction to Public Health ..... 3
- HPER 1115 Stress Management ..... 3

### 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 goal area, but the course credits may be counted only once.

- 1. Communication
  - ENGL 1120♦ **OR** ENGL 1121♦ ..... 4
  - CMST 1110 **OR** CMST 2215 **OR** CMST 2220 ..... 3
- 2. Critical Thinking
  - SOC 1111 ..... 3
- 3. Natural Science
  - BIOL 1106 ..... 4
  - CHEM 1020♦ ..... 4
- 4. Mathematical/Logical Reasoning
  - MATH 1114♦ ..... 4
- 5. History/Social/Behavioral Sciences
  - PSYC 1110 ..... 4

**Choose 4 credits from the following goal areas.....4**

- 6. Humanities/Fine Arts
- 7. Human Diversity\*
  - \*This goal area is met by PSYC 1110 if taken at ARCC.
- 8. Global Perspective
- 9. Ethical/Civic Responsibility
- 10. People and the Environment

### Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program.

	Fall Semester	Spring Semester
<b>1<sup>st</sup> YEAR</b>	CHEM 1020 .....4	BIOL 1106.....4
	HPER 1120.....4	ENGL 1120/1121 .....4
	PSYC 1110 .....4	HPER 1110 .....3
	SOC 1111.....3	MATH 1114 .....4
	<b>TOTAL ..... 15</b>	<b>TOTAL ..... 15</b>
<b>2<sup>nd</sup> YEAR</b>	Fall Semester	Spring Semester
	BIOL 2113 .....4	BIOL 2114.....4
	CMST 1110, 2215, or 2220 ...3	HPER 1102.....3
	HPER 1112 .....3	HPER 1103.....3
	GenEd.....4	HPER 1108.....3
<b>TOTAL ..... 14</b>	HPER 1109 or HPER 1115.....3	
		<b>TOTAL ..... 16</b>