

Program Description

ACC's Sports and Human Performance program reflects the growing national interest in prevention of disease through achievement of optimal health and physical fitness. The program provides graduates with the knowledge and skills to function effectively as health educators, who design, implement, manage and evaluate health promotion and wellness programs in diverse settings such as the workplace, schools, hospitals and the community.

Career Opportunities

ACC Sports and Human Performance graduates leave prepared to instruct or coach groups or individuals in the fundamentals of sports as well as demonstrate techniques and methods of participation. Graduates typically work in the health corporate, community, or commercial fitness professions.

Options

Associate of Arts Degree

Sports and Human Performance..... 60 credit hours



For more information call 281-756-3692 or email bjohnson@alvincollege.edu.

Alvin Community College is an equal opportunity institution and does not discriminate against anyone on the basis of race, religion, color, sex, pregnancy, gender equity, sexual orientation, parental status, national origin, age, disability, family medical history or genetic information, political affiliation, military service or veterans status.

If you have a disability and need assistance or require special accommodations contact the Office of Disability Services at 281-756-3533 or ods@alvincollege.edu.



3110 Mustang Road
Alvin, Texas 77511
281-756-3500
www.AlvinCollege.edu

Revised 6/17

Associate of Arts Degree

FIRST YEAR	
First Semester	credits
+ENGL 1301 - Composition I	3
+Select from American History Core Curriculum	3
PHED 1301 - Introduction to Physical Fitness & Sport	3
+Select from Language, Philosophy & Culture Core Curriculum	3
Second Semester	credits
+Select from American History Core Curriculum	3
+BIOL 1406 - Biology for Science Majors I	4
PHED 1304 - Health & Wellness	3
+PSYC 1300 - Learning Framework	3
Third Semester	credits
°Elective - Select PHED Course	2
+GOVT 2305 - Federal Government	3
SECOND YEAR	
First Semester	credits
+ENGL 1302 - Composition II	3
PHED 1346 - Drug Use & Abuse	3
+Select from Mathematics Core Curriculum	3
Elective - Select PHED Course	1
+GOVT 2306 - Texas Government	3
Second Semester	credits
PHED 1306 - First Aid	3
+BIOL 2401 - Anatomy & Physiology I	4
+SPCH 1315 - Public Speaking	3
Select from Creative Arts Core Curriculum	3
Third Semester	credits
°Elective - Select PHED Course	1
+Select from Social & Behavioral Sciences Core Curriculum	3
Sports and Human Performance (A.A.) Degree – credit hours	60

+ Denotes core requirement. Speak with Department Chair or Academic Advisor for proper course selection.

° Students planning to transfer to a university baccalaureate degree are strongly encouraged to visit with their advisor prior to selecting electives.