



HPR Curriculum

The Health, Physical Education and Recreation curriculum combines courses in health, fitness, wellness, and technology, with an introduction to education, physical education and parks and recreation.

General education courses include an emphasis in life science, anatomy and physiology, and communication skills (verbal and written).

Students in this program will participate in field placements in school and health settings and with the local parks and recreation facilities.

HPR Core Courses

- *Introduction to Parks & Recreation*
- *Introduction to Coaching*
- *Introduction to Physical Education*
- *Principles of Sport Psychology*
- *Introduction to Education*
- *Multicultural Education*



UNITED TRIBES
TECHNICAL COLLEGE
TEACHER EDUCATION

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ASSOCIATE OF APPLIED SCIENCE
Health, Physical Education
and Recreation



UNITED TRIBES
TECHNICAL COLLEGE
TEACHER EDUCATION

Leadership Begins Here.

Health, Physical Education and Recreation AAS

The Health, Physical Education and Recreation (HPR) program offers an AAS degree that prepares students for leadership roles in health, fitness and recreation as well as a minor when completed in conjunction with a bachelor degree.

In addition, this degree program prepares students for transfer to four year colleges and universities for bachelor degrees in **physical education, coaching, health and education, or recreation.**

If you are an individual who enjoys (1) physical activity, (2) fitness, (3) sports activity, (4) working with people (young and old) and who is interested in their personal health and the health of others, then this degree program is for you!

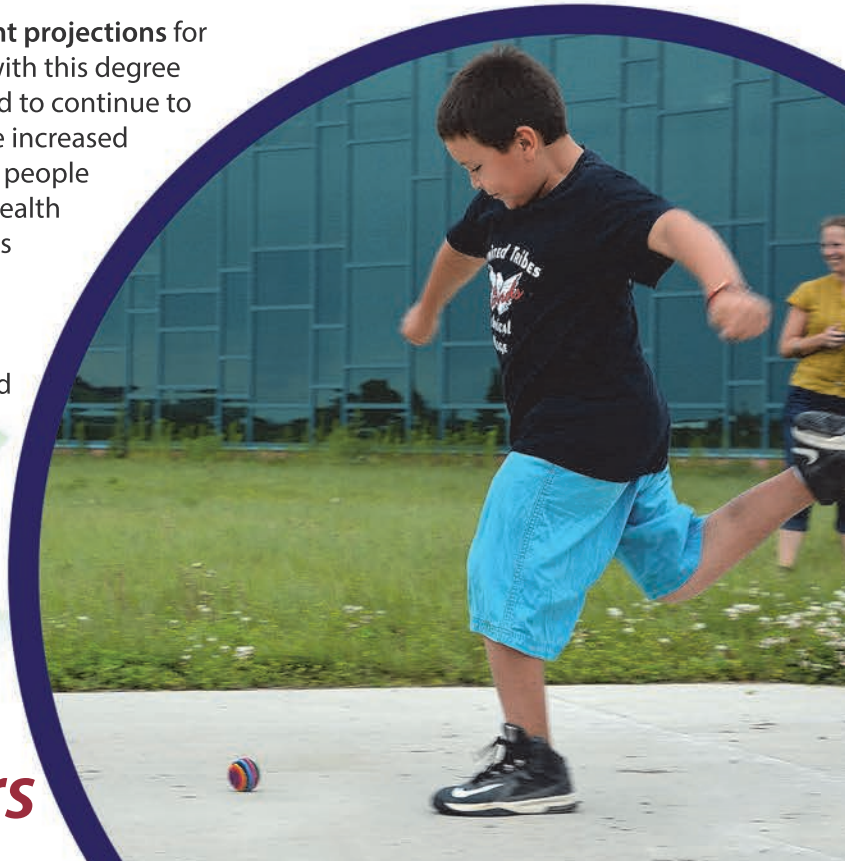


Career Opportunities

The HPR AAS degree prepares students for entry-level positions in health, fitness and physical education professions. Potential careers for graduates with an AAS degree in Health, Physical Education and Recreation include

- **DIABETES PREVENTION LEADERS IN TRIBAL PROGRAMS**
- **ATHLETIC TRAINERS** • **FITNESS SPECIALISTS** • **RECREATION SPECIALIST**
- **OTHER POSITIONS RELATED TO WELLNESS INITIATIVES**

Employment projections for graduates with this degree are expected to continue to rise with the increased demand for people to work in health and wellness initiative programs focusing on wellness and healthy living and combating obesity.



Preparing Competent, Caring Teachers