

The Academic Plan is a semester-by-semester plan for the full-time college-ready student. Part-time students should work with an advisor to customize the map to fit individual needs.

ACADEMIC PLAN		NOTES
<b>Fall 1<sup>st</sup> Year</b>	<b>Cr Hrs</b>	<b>Semester 1</b>
ENG 101 English Composition I	3	
MTH 134 College Algebra	3	
First Year Experience	1	
PSY 101 General Psychology	3	
Humanities	3	
HPE 138 Lifetime Fitness and Wellness	2	
<b>Total Hours</b>	<b>15</b>	

<b>Spring 1<sup>st</sup> Year</b>		<b>Semester 2</b>
ENG 102 English Composition II	3	
BIO 101 General Biology	5	
HST 103 U.S. History I	3	
CIS 125 Intro to Information Systems	3	
HPE 106 Weight Training I	1	
HPE 150 Care Prevention of Athletic Injuries	3	
<b>Total Hours</b>	<b>18</b>	

<b>Fall 2<sup>nd</sup> Year</b>		<b>Semester 3</b>
PHY 102 Topics Physical Science	3	
SPD 175 Public Speaking	3	
PHL 101 Logic	3	
HPE 130 Personal Health	3	
HPE 132 First Aid/CPR	3	
<b>Total Hours</b>	<b>15</b>	

<b>Spring 2<sup>nd</sup> Year</b>		<b>Semester 4</b>
ENG 106 Drama and Short Novel	3	
PSC 102 US & Missouri Government & Constitution	3	
SOC 101 General Sociology	3	
THL 201 World Religion	3	
HPE 140 Foundations of Sport Management	3	
<b>Total Hours</b>	<b>15</b>	

**Program Description:** The Health/Physical Education department introduces students to various Health, Physical Education, and Sport Management areas, of which they may choose to explore further at a four-year institution. The program fosters the total education and personal growth of each student.

**Admission Requirements:** Pre/co-requisite – Reading Proficiency

**Department Faculty Advisors:** Aida Steiger

**Division Chair:** Sandra Frey

**Employment Outlook/Median Salary\*:**

Career	Degree Level Required	** Growth	Median Annual Salary
High School Teacher	Baccalaureate/certification	6%	\$55,000
Coach	Baccalaureate	15%	\$28,360
Fitness Trainer and Instructor	Baccalaureate/certification	13%	\$31,720

\*Employment information based on current Bureau of Labor Statistics Occupational Outlook Handbook.  
 \*\*Projected % of change in employment 2012-2022.

**Jefferson College Program Highlights:**

- HPE 140, Foundations of Sport Management is a nationally recognized course which begins a foundation within the Sports Management field.
- HPE 132, First Aid and C.P.R. provides students with Red Cross certification upon completion of the course

**Transfer Information:** Universities in the state of Missouri that offer Health and Physical Education degrees:

- Central Methodist University-College of Liberal Arts & Sciences
- Evangel University
- Missouri Valley College
- Hannibal-Lagrange College
- Southwest Baptist University
- Lindenwood University
- Northwest Missouri State University
- Culver-Stockton College
- Southeast Missouri State University
- Missouri Baptist University