



# Northern Marianas College

## Individualized Degree Plan (IDP)

Associate of Arts in Liberal Arts with an Emphasis in Health and Physical Education

Name: \_\_\_\_\_

Start Date/Term: \_\_\_\_\_

Student ID Number (PC#): \_\_\_\_\_

English Placement: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Math Placement: \_\_\_\_\_

Course Title	Course ID	Credit	Term Offered	Term & Year	Grade	Alternative
<b>Core Course Requirements</b>	<i>A minimum grade of "C" is required for all NMC Core courses.</i>					
College Success	BE 111	3				
English Composition I	EN 101	3				
Intermediate Algebra (or higher)	MA 132 +	4				
Fundamentals of Speech Communication	CO 210	3				
Personal Health (or higher)	HE 150 or HE 200	3				
Current Issues in the CNMI	SO 297	3				
<b>Total</b>		<b>19</b>				
<b>General Education Requirements</b>	<i>A minimum grade of "C" is required for all General Education Requirements. A minimum grade of "C" is needed in order for a course to transfer to another institution.</i>					
English Composition II	EN 202	3				
General Psychology	PY 101	3				
Human Growth and Development	PY 201	3				
Biological Science/Lab	BI 101	4				
Physical Science/Lab	CH 124	4				
History	HI 240	3	Fall			
<b>Total</b>		<b>20</b>				
<b>Major Requirements</b>	<i>A minimum grade of "C" is required for all Major Requirements. A minimum grade of "C" is needed in order for a course to transfer to another institution.</i>					
Nutrition and Health	HE 230	3				
Health & Physical Education – Rec. & Leis.	HE 245	3	Spring			
Applied Kinesiology	PE 280	3	Fall			
PE Coaching	PE 229	3	Spring			
PE (Individual PE)		1				
PE (Group PE)		1				
Human Anatomy & Physiology I	BI 251	4				
Human Anatomy & Physiology II	BI 252	4				
<b>Total</b>		<b>22</b>				
<b>Minimum Credits Needed to Graduate</b>		<b>61</b>				

Advisor

Date

*Vilma S. Reyes*  
Vilma S. Reyes

Mar 3, 2022

Interim Dean, Academic Programs & Services Date

## DEVELOPMENTAL COURSE PROGRESS

Only “P” indicates a passing grade. “NP” indicates no passing Grade.

NDU Math Course ID	Term & Year	Grade	NDU English Course ID	Term & Year	Grade
MA 087 (3 NDU)			EN 070 (6 NDU)		
MA 089 (3 NDU)			EN 071 (6 NDU)		
MA 091 (4 NDU)			EN 072 (6 NDU)		
			EN 073(6 NDU)		
			EN 074 (6 NDU)		
			EN 082 (4 NDU)		
			EN 085 (4 NDU)		
			EN 092 (4 NDU)		
			EN 095 (4 NDU)		

### SUGGESTED COURSE SEQUENCE for EN 101 English Placement & MA 132 Placement

Semester 1	Semester 2	Semester 3	Semester 4
<ul style="list-style-type: none"> <li>● EN101 (3crs) English Comp. I</li> <li>● BE111 (3crs) College Success</li> <li>● Math132 (4crs) Int. Algebra</li> <li>● HE150 or (3crs) HE 200</li> <li>● BI101 (4crs) Principles of Biology</li> </ul> <p><i>Total: 17 credits</i></p>	<ul style="list-style-type: none"> <li>● EN 202 (3crs) English Comp. II</li> <li>● HE 230 (3crs) Nutrition &amp; Health</li> <li>● CH 124 (4crs) Chemistry</li> <li>● PE 229 (3crs) Coaching</li> <li>● PY 101 (3crs) General Psychology</li> </ul> <p><i>Total: 16 credits</i></p>	<ul style="list-style-type: none"> <li>● BI 251 (4crs) Human Anatomy &amp; Physiology I</li> <li>● PE 280 (3crs) Applied Kinesiology</li> <li>● (PE) (1cr) Physical Education</li> <li>● HI 240 (3crs) Sports History</li> <li>● PY 201 (3crs) Human Growth &amp; Dev.</li> </ul> <p><i>Total: 14 credits</i></p>	<ul style="list-style-type: none"> <li>● SO 297 (3crs) Current Issues in the NMI</li> <li>● CO 210 (3crs) Fundamentals of Speech</li> <li>● BI 252 (4crs) Human Anatomy &amp; Physiology II</li> <li>● (PE) (1cr) Physical Education</li> <li>● HE 245 (3crs) Health &amp; PE Rec. &amp; Leis.</li> </ul> <p><i>Total: 14 credits</i></p>

### Important Notice:

Students who declare one or more emphasis will receive one diploma upon graduation. The name of the degree program will appear on the diploma and the emphases earned will be listed on the graduate's transcript. Students may not add an additional emphasis once the degree is conferred. After the degree is conferred, students cannot return to earn another emphasis in that degree. However, students are welcome to return and take classes required for that emphasis to enhance their resume for employment purposes.

### Common Career Pathway for Health and Physical Education:

Physical education instructors in elementary, junior high or high schools, athletic coaches, recreational directorships (community, private, commercial, etc.), athletic trainers or health instructors, teacher aid.

Fall, Year:	Spring, Year:	Summer, Year:
Fall, Year:	Spring, Year:	Summer, Year:






# Liberal Arts IDP Health & PE \_12032021 (1)

Final Audit Report

2022-03-03

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