

**ASSOCIATE IN ARTS  
PHYSICAL AND HEALTH EDUCATION  
Course Selection Guide  
Updated Summer 2023**

**Degrees**

- NC Central: [BS in Kinesiology, Physical Education Licensure Concentration](#)
- UNC Chapel Hill: [BA in Exercise and Sport Science, General Concentration](#) (note that students would need to complete a one-year MAT degree following the bachelor's to earn teacher licensure)
- UNC Greensboro: [BS in Physical Education, Teacher Education \(K-12\)](#)
- UNC Wilmington: [BA in Healthful Living and Fitness Education](#) (Students could complete the ASTP degree)

**Jobs Associated with These Degrees**

PE/health teacher, athletic coach, health and wellness coordinator, high school/college athletic director, adventure/outdoor educator, fitness instructor, certified personal trainer, sports scout, and, with additional graduate school, exercise physiologist, physical therapist, recreation and fitness professor.

**General Education – 45 SHC (“Semester Hours of Credit”)**

**Universal General Education Transfer Component (UGETC) Courses (31-32 SHC)**

**English Composition (6 SHC)**

Durham Tech / UGETC Requirement	NCCU	UNC-CH	UNCG	UNCW
ENG 111 Writing & Inquiry	ENG 111	ENG 111	ENG 111	ENG 111
ENG 112 Writing/Research in the Disciplines	ENG 112	ENG 112	ENG 112	ENG 112

**Humanities/Fine Arts (H/FA) (9 SHC)**

Durham Tech / UGETC Requirement	NCCU	UNC-CH	UNCG	UNCW
One course selected from ART 111, ART 114, ART115, COM 120, COM 231, DRA 111, MUS 110, MUS 112	COM 231	Any	COM 231	COM 120 or 231
One course selected from PHI 215 or PHI 240	Any	Any	Any	Any
One course selected from ENG 231, 232, 241,242	Any	Any	Any	Any

**Social and Behavioral Sciences (S/BS) (9 SHC)—Select three courses from at least two disciplines**

Durham Tech / UGETC Requirement	NCCU	UNC-CH	UNCG	UNCW
One history course (3 SHC) selected from HIS 111, HIS 112, HIS 131, HIS 132	HIS 112	Any	Any	Any
One course (3 SHC) from ECO 251, ECO 252, POL 120, PSY 150, SOC 210	Any	Any	PSY 150	Any
One additional course from above	Any	Any	Any	Any

**Mathematics (3-4 SHC)**

Durham Tech / UGETC Requirement	NCCU	UNC-CH	UNCG	UNCW
One Math course selected from MAT 143, 152, 171	MAT 143 or 171	MAT 171	Any	MAT 171

**Natural Science (4 SHC)**

Durham Tech / UGETC Requirement	NCCU	UNC-CH	UNCG	UNCW
One Science course selected from AST 151/A, BIO 110, BIO 111, CHM 151, GEL 111, PHY 110/A	BIO 111	BIO 111	BIO 111	BIO 111 or CHM 151

**Additional General Education Transfer Hours (13-14 SHC)****Foreign Language (3 SHC)**

Durham Tech Gen Ed Requirement	NCCU	UNC-CH	UNCG	UNCW
Foreign Language (3 SHC): Choose from American Sign Language, Arabic, French, German, or Spanish.	FL 112	FL 211	FL 112	FL 211

UNCW requires two semesters of a new language or three semesters of a language begun in high school.

**2<sup>nd</sup> Mathematics Course (3-4 SHC)**

Durham Tech Gen Ed Requirement	NCCU	UNC-CH	UNCG	UNCW
Choose from MAT 143, MAT 152, MAT 171, MAT 172, or MAT 263.	Any	Any	Any	MAT 263

**2<sup>nd</sup> Natural Science Course (4 SHC)**

Durham Tech Gen Ed Requirement	NCCU	UNC-CH	UNCG	UNCW
Choose from AST 151/151A, AST 152/152A, BIO 110, BIO 111, 112, BIO 140/140A, CHM 131/A, CHM 132, CHM 151, CHM 152, GEL 111, GEL 230, PHY 110/110A.	BIO 112	Any	Any	2 <sup>nd</sup> Science Sequence: BIO 112 or CHM 152

Prerequisite for BIO 168 is high school or college biology or chemistry, so students taking BIO 168 may wish to select CHM 131/A or CHM 151 as their second natural science course.

**One Additional Course (3-4 SHC)**

Durham Tech Gen Ed Requirement	NCCU	UNC-CH	UNCG	UNCW
One additional course	Any	Any	Any	SOC 225

**Other Required Hours (15 SHC)**

Student should consult with his/her advisor. The listings here vary, based on the requirements of the selected university and the student's intended major.

**College Transfer Success Course (1 SHC)**

Durham Tech Requirement	NCCU	UNC-CH	UNCG	UNCW
ACA 122 (This course should be taken in the student's first semester.)	ACA 122	ACA 122	ACA 122	ACA 122

**Foreign Language (0-8 SHC)**

Durham Tech Requirement	NCCU	UNC-CH	UNCG	UNCW
FL 111/181, 112/182 if needed to meet prerequisites.	As Needed	As Needed	As Needed	As Needed

**Additional Major Course(s)**

Durham Tech Requirement	NCCU	UNC-CH	UNCG	UNCW
Additional college level course(s) to complete the 15 SHC requirement.	BIO 155 BIO 168 HEA 110 PED 110	Any	BIO 155 BIO 168 BIO 169	EDU 216