

**ASSOCIATE IN ARTS
PHYSICAL AND HEALTH EDUCATION
Course Selection Guide**
Updated Summer 2025

Degrees

- ECU: [BS in Physical Education Teaching Licensure Concentration](#)
- NC Central: [BS in Kinesiology, Physical Education Licensure Concentration](#)
- UNC Pembroke: [BS in Health/Physical Education \(K-12\)](#)
- UNC Wilmington: [BA in Healthful Living and Fitness Education](#) (Students could complete the ASTP degree)

For more detailed transfer information, refer to the [Transfer Guides](#).

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 – 45-46 SHC (“Semester Hours of Credit”)
Universal General Education Transfer Component (UGETC) Courses (31-32 SHC)**

English Composition (6 SHC)

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

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

Durham Tech / UGETC Requirement	NCCU	ECU	UNCP	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	PSY 150	PSY 150	Any
One additional course from above	Any	Any	Any	Any

Mathematics (3-4 SHC)

Durham Tech / UGETC Requirement	NCCU	ECU	UNCP	UNCW
One Math course selected from MAT 143, 152, 171	MAT 143 or 152	MAT 171	MAT 143	Any

Natural Science (4 SHC)

Durham Tech / UGETC Requirement	NCCU	ECU	UNCP	UNCW
One Science course selected from AST 151/A, BIO 110, BIO 111, CHM 151, GEL 111, PHY 110/A	BIO 111	BIO 110 or 111	Any	BIO 111

Additional General Education Transfer Hours (13-14 SHC)

Foreign Language (3 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	UNCW
Foreign Language (3 SHC): Choose from American Sign Language, Arabic, French, German, or Spanish.	FL 112	FL 112 required by Durham Tech	FL 112 required by Durham Tech	FL 112

2nd Mathematics Course (3-4 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	UNCW
Choose from MAT 143, MAT 152, MAT 171, MAT 172, or MAT 263.	Any	MAT 172	Any	Any

For ECU, MAT 172 is required as a prerequisite to PHY 151.

2nd Natural Science Course (4 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	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.	CHM 131/A or 151 if needed	PHY 151	Any	CHM 131/A or 151 if needed

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	ECU	UNCP	UNCW
One additional course	Any	Any	Any	Any

Other Required Hours (14-15 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	ECU	UNCP	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	ECU	UNCP	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	ECU	UNCP	UNCW
Additional college level course(s) to complete the 15 SHC requirement.	BIO 168 HEA 110 PED 110	BIO 163 EDU 216 HEA 110	EDU 216 EDU 221	BIO 168 BIO 169

Suggested Two-Year Plan for Associate in Arts Students Planning to Major in Physical & Health Education

For more detailed information from specific universities, consult the [Transfer Guides](#). Some students may need to complete developmental prerequisites; others may place out of coursework based on transfer credit, AP/IB credit, or previous foreign language experience. Shaded boxes indicate pre-major coursework.

Year 1 at Durham Technical Community College					
Semester 1		Semester 2		Summer	
ACA 122	1	ENG 112	3		
ENG 111	3	Foreign Language 112/182	4		
Foreign Language 111/181	4	MAT 152	4		
BIO 110 or 111	4	CHM 131/A or CHM 151	4		
MAT 143	3				
TOTAL HOURS	15	TOTAL HOURS	15		

Year 2 at Durham Technical Community College					
Semester 3		Semester 4		Summer	
BIO 163 or 168	4-5	BIO 168 or Elective	3-4		
PHI 215 or 240	3	HIS 111, 112, 131,132	3		
ART 111, ART 114, ART 115, COM 120, COM 231, DRA 111, MUS 110, MUS 112	3	ENG 231, 232, 241, 242	3		
PSY 150	3	ECO 251, ECO 252, POL 120, SOC 210	3		
		Additional General Education Course, such as PSY 241	3-4		
TOTAL HOURS	13-14	TOTAL HOURS	15-17		

Total hours required for the degree: 60.