Northern Marianas College



Individualized Degree Plan (IDP)

Associate in 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 & Year	Grade	Alternative
Core Course Requirements	A minimum grade of "C" is required for all NMC Core courses.				
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			
Total		19			
General Education Requirements	A minimum grade of "C" is of "C" is need		all General Education . for a course to transfer		
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			
Total		20			

Certification in First Aid and CPR must be achieved before taking any third semester courses and maintained during the duration of the program.

Major Requirements	A minimum grade of "C" is required for all Major Requirements. A minimum of grade of "C" is needed in order for a course to transfer to another institution.			
Nutrition and Health	HE 230	3		
Health & Physical Education – Rec. & Leis.	HE 245	3		
Applied Kinesiology	PE 280	3		
PE Coaching	PE 228	2		
PE (Individual PE)	PE 115/140/142/149	1		
PE (Group PE)	PE 125/126/225/226	1		
Human Anatomy & Physiology I	BI 251	4		
Human Anatomy & Physiology II	BI 252	4		
Total		21		
Minimum Credits Needed to Graduate		60		

Advisor

Dean, Academic Programs & Services

Date

DEVELOPMENTAL MATH COURSE PROGRESS

Course ID	Term & Year	Grade
MA 087 (3 NDU)		
MA 089 (3 NDU)		
MA 091 (4 NDU)		

DEVELOPMENTAL ENGLISH COURSE PROGRESS

Course ID	Term & Year	Grade
EN 070		
EN 071		
EN 072		
EN 073		
EN 074		
EN 082		
EN 083		
EN 084		
EN 092		
EN 093		
EN 094		

Only "P" indicates a passing grade. "PP" indicates a double pass. For English NDU classes, a double pass means "a student may receive "PP" if performance in a particular class is considered worthy of skipping a class in one of the sequence of classes.

SUGGESTED COURSE SEQUENCE for EN 101 English Placement & MA 132 Placement			
Semester 1	Semester 2	Semester 3	Semester 4
 EN 101 (3crs) English Comp. I BE 111 (3crs) College Success Math 132 (4crs) Intermediate Algebra HE 150 (3crs) Personal Health (PE) (1cr) Physical Education (PE) (1cr) 	 EN 202 (3crs) English Comp. II BI 101 (4crs) Principles of Biology HE 230 (3crs) Nutrition & Health CH 124 (4crs) Chemistry PE 228 (2crs) PE Coaching 	 CO 210 (3crs) Fundamentals of Speech HE 245 (3crs) Health & PE Rec. & Leis. PY 101 (3crs) General Psychology BI 251 (4crs) Human Anatomy & Physiology I PE 280 (3crs) Applied Kinesiology 	 SO 297 (3crs) Current Issues in the NMI HI 240 (3crs) Sports History PY 201 (3crs) Human Growth & Dev. BI 252 (4crs) Human Anatomy & Physiology II
Physical Education Total: 15 credits	Total: 16 credits	Total: 16 credits	Total: 13 credits

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