



# 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
<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 of 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			
<b>Total</b>		<b>20</b>			
<b><i>Certification in First Aid and CPR must be achieved before taking any third semester courses and maintained during the duration of the program.</i></b>					
<b>Major Requirements</b>		<i>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.</i>			
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			
<b>Total</b>		<b>21</b>			
<b>Minimum Credits Needed to Graduate</b>		<b>60</b>			

\_\_\_\_\_  
Advisor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Dean, Academic Programs & Services

\_\_\_\_\_  
Date

