

# 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: \_\_\_\_\_

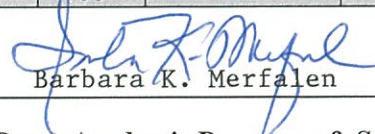
Student ID Number (PC#): \_\_\_\_\_

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>			

  
 Barbara K. Merfalen

Oct 30, 2014

Advisor

Date

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.

<b>SUGGESTED COURSE SEQUENCE for EN 101 English Placement &amp; MA 132 Placement</b>			
Semester 1	Semester 2	Semester 3	Semester 4
<ul style="list-style-type: none"> <li>• EN 101 (3crs) English Comp. I</li> <li>• BE 111 (3crs) College Success</li> <li>• Math 132 (4crs) Intermediate Algebra</li> <li>• HE 150 (3crs) Personal Health</li> <li>• (PE) (1cr) Physical Education</li> <li>• (PE) (1cr) Physical Education</li> </ul> <p><i>Total: 15 credits</i></p>	<ul style="list-style-type: none"> <li>• EN 202 (3crs) English Comp. II</li> <li>• BI 101 (4crs) Principles of Biology</li> <li>• HE 230 (3crs) Nutrition &amp; Health</li> <li>• CH 124 (4crs) Chemistry</li> <li>• PE 228 (2crs) PE Coaching</li> </ul> <p><i>Total: 16 credits</i></p>	<ul style="list-style-type: none"> <li>• CO 210 (3crs) Fundamentals of Speech</li> <li>• HE 245 (3crs) Health &amp; PE Rec. &amp; Leis.</li> <li>• PY 101 (3crs) General Psychology</li> <li>• BI 251 (4crs) Human Anatomy &amp; Physiology I</li> <li>• PE 280 (3crs) Applied Kinesiology</li> </ul> <p><i>Total: 16 credits</i></p>	<ul style="list-style-type: none"> <li>• SO 297 (3crs) Current Issues in the NMI</li> <li>• HI 240 (3crs) Sports History</li> <li>• PY 201 (3crs) Human Growth &amp; Dev.</li> <li>• BI 252 (4crs) Human Anatomy &amp; Physiology II</li> </ul> <p><i>Total: 13 credits</i></p>

<b>Fall, Year:</b>	<b>Spring, Year:</b>	<b>Summer, Year:</b>
<b>Fall, Year:</b>	<b>Spring, Year:</b>	<b>Summer, Year:</b>