



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 | | | | | |
| <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 | | | |
| Total | | 19 | | | |
| General Education Requirements | | | | | |
| <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 | | | |
| Total | | 20 | | | |
| <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> | | | | | |
| Major Requirements | | | | | |
| <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 | | | |
| Total | | 21 | | | |
| Minimum Credits Needed to Graduate | | 60 | | | |

Advisor

Date

Dean, Academic Programs & Services

Date

