

Haskell Indian Nations University  
Degree Checklist for Associate of Science in  
Recreation and Fitness Management (60 credit hours)

Student:

ID: A00000

**GENERAL EDUCATION REQUIREMENTS (33 credit hours)**

Outcome	Outcome Categories, Credit Hours	Complete the following courses:	Sem.	Grade
<b>Communication</b>	Written Communication 6 hours (both required)	ENGL 101 English I (C or better required to complete course) Prerequisite: placement or completion of ENGL 090 ENGL 102 English II (C or better required to complete course) Prerequisite: completion of ENGL 101		
	Oral Communication 3 hours (choose one)	--COMS 131 Public Speaking --COMS 151 Speech Communication Co-requisite: ENGL 101 – English I		
<b>Qualitative and Quantitative Thinking</b>	Humanities and Arts 3 hours (choose one)	--ART 100 Art Appreciation --ART 240/241 Art History --EED 208 Exploring Cultural Art, Music, and Dance with Technology --ENGL 210 Themes and Issues in Literature --ENGL 215 Fiction and Film (prereq ENGL 102) --MCOM 231 Mass Communication --MUS 137/138 Music Appreciation through Classical Period/Contemporary Times --THEAT 100 Introduction to Theatre		
	Quantitative Reasoning 3 hours (choose one)	--MATH 101 College Algebra (C or better required to complete course) --MATH 102 Liberal Arts Math --MATH 208 Statistics		
	Laboratory Science 5 hours (choose one)	--BIOL 103 General Biology and Lab --CHEM 101 General Chemistry I --PHYS 211 College Physics I --PSCI 100 Physical Science		
<b>Historical and Cultural Forces</b>	Historical/Contemporary Indigenous Issues 3 hours (choose one)	--AIS 102 American Indian Issues I --AIS 110 History of North American Indian Tribes --ART 255 Tribal Art Forms --LANG 101/102, 110/111 Indigenous Languages --SW 110 Chemical Dependency and the Native American --TMGMT 201 Tribal/Federal Government Relations		
	Multicultural, World or Comparative Issues 3 hours (choose one)	--AIS 301 Native and Western Views of Nature --COMS 246 Intercultural Communication --GEOG 110 World Geography --GEOG 230 Cultural Geography		
	Human Behavior 3 hours (choose one)	--PSYC 101 General Psychology --SOC 100 Introduction to Sociology		
<b>Wellness</b>	Orientation 3 hours	--UNIV 105 Haskell Seminar		
	Physical Activity Course 1 hour (choose one)	--HSES 101 Weight Training/Conditioning --HSES 103 Fundamentals/Conditioning Basketball --HSES 104 Body Weight Control --HSES 105 Golf & Archery --HSES 106 Racquetball --HSES 107 Jogging/Basketball --HSES 108 Beginning Swimming --HSES 109 Intermediate Swimming --HSES 110 Advanced Swimming --HSES 127 Volleyball-Indoor --HSES 128 Volleyball-Sand/Beach --HSES 129 Volleyball-Outdoor --HSES 135 Kickball		

**HSES FOUNDATION REQUIREMENTS (11 credit hours in total)**

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 112	Intro to Health, Sport & Ex. Sci.	3			HSES 204	First Aid	2		
HSES 226	Kinesiology	3			HSES 244	Stress Management	3		

**RECREATION AND FITNESS MANAGEMENT EMPHASIS REQUIREMENTS (16 credit hours)**

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 227	Exercise Physiology	3			HSES 225	Applied Anatomy	3		
HSES 131	Intro to Recreation Management	3			HSES 252	Foundations of Personal Training	3		
HSES 264	Internship Rec/Fitness Mgmt	4							

Approved by Acting Vice-President for Academics on 07/31/2025 – General Education Requirements updated on 11-25-2023