

**ASSOCIATE IN ARTS
PHYSICAL AND HEALTH EDUCATION
Course Selection Guide**
Updated Summer 2024

Degrees

ECU: [BS in Physical Education](#)

NC Central: [BS in Kinesiology, Physical Education Licensure Concentration](#)

UNC Pembroke: [BS in Health/Physical Education \(K-12\)](#)

UNC Wilmington: [BA in Healthful Living and Fitness Education](#) (Students could complete the ASTP degree)

For more detailed transfer information, refer to the [Transfer Guides](#).

Jobs Associated with These Degrees

PE/health teacher, athletic coach, health and wellness coordinator, high school/college athletic director, adventure/outdoor educator, fitness instructor, certified personal trainer, sports scout, and, with additional graduate school, exercise physiologist, physical therapist, recreation and fitness professor.

General Education – 45-46 SHC (“Semester Hours of Credit”)

Universal General Education Transfer Component (UGETC) Courses (31-32 SHC)

English Composition (6 SHC)

Durham Tech / UGETC Requirement	NCCU	ECU	UNCP	UNCW
ENG 111 Writing & Inquiry				

Additional General Education Transfer Hours (13-14 SHC)

Foreign Language (3 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	UNCW
Foreign Language (3 SHC): Choose from American Sign Language, Arabic, French, German, or Spanish.	FL 112	FL 112 required by Durham Tech	FL 112 required by Durham Tech	FL 112

UNCW requires two semesters of a new language or three semesters of a language begun in high school.

2nd Mathematics Course (3-4 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	UNCW
Choose from MAT 143, MAT 152, MAT 171, MAT 172, or MAT 263.	Any	MAT 172	Any	Any

At ECU, MAT 172 is required as a prerequisite to PHY 151.

2nd Natural Science Course (4 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	UNCW
Choose from AST 151/151A, AST 152/152A, BIO 110, BIO 111, 112, BIO 140/140A, CHM 131/A, CHM 132, CHM 151, CHM 152, GEL 111, GEL 230, PHY 110/110A.	Any	PHY 151	Any	Any

Prerequisite for BIO 168 is high school or college biology or chemistry, so students taking BIO 168 may wish to select CHM 131/A or CHM 151 as their second natural science course.

One Additional Course (3-4 SHC)

Durham Tech Gen Ed Requirement	NCCU	ECU	UNCP	UNCW