

2012-2013 Associate in Arts Degree

Inver Hills Community College

Associate in Arts Degree (A.A.)

- **Primarily for students who plan to transfer and complete a bachelor's degree.**
 - Includes the 40 credit Minnesota Transfer Curriculum (MnTC) which fulfills general education courses at all Minnesota State Universities & the U of M; The MnTC &/or AA fulfill general education requirements at some private colleges (Augsburg, Bethany, Concordia-St. Paul, St. Mary's, St. Scholastica), the University of Wisconsin-River Falls, and the University of North Dakota.
- **Include essential pre-major courses in your AA degree to facilitate Junior level transfer.**
 - Select courses that are required for admission to your chosen major at the baccalaureate level.
 - Students may earn an A.A. with an Emphasis in various academic disciplines.

NOTE: Students are strongly encouraged to develop an educational plan in consultation with an Inver Hills counselor to assure that degree and transfer pre-major requirements are fulfilled.

Associate in Arts Degree (60 total credits)

Minnesota Transfer Curriculum (MnTC) (40 credits)

- Goal 1 Communication, 3 courses
- Goal 2 Critical Thinking, 0-1 course
- Goal 3 Natural Science, 2 courses
- Goal 4 Mathematical/Logical Reasoning, 1 course
- Goal 5 History/Social/Behavioral Sciences, 3 courses
- Goal 6 Humanities/Fine Arts/Literature, 3 courses
- Goal 7 Human Diversity, 1 course
- Goal 8 Global Perspective, 1 course
- Goal 9 Ethic and Civic Responsibility, 1 course
- Goal 10 People and the Environment, 1 course

**Some courses may be applied to more than one goal area resulting in completion of the 10 goals with fewer than 40 credits. Additional credits from the 10 goals listed must be taken to complete a minimum of 40 credits.*

Health and Physical Education (2 credits)

One credit PE & one credit HLTH

Electives, liberal arts and pre-major (18 credits)

Courses 1000 level and above from any department may be used to fulfill these electives. Incorporate pre-major transfer requirements or AA with Emphasis requirements.

Notes:

- All degree seeking students are strongly encouraged to enroll in **INTS 1000 On Course** during their first term at Inver Hills (satisfies MnTCgoal 2).
- All courses must be 1000 level or higher
- Must meet GPA and residency requirements
- Utilize the Degree Audit Report System (DARS) to follow your progress: www.inverhills.edu/DARS

AA with Emphasis

Earning an AA degree with an emphasis will enable students to more thoroughly prepare for a particular major in corresponding baccalaureate programs at several public and private four-year colleges and universities. **Emphases are available in:** Anthropology, Biology, Chemistry, History, Mathematics, Political Science and Psychology.

See catalog or website for further details.

Transfer Checklist

1) General Education

How will you fulfill your general education requirements?

- _____ MnTC (See above for colleges accepting MnTC)
- _____ U of M's Liberal Education requirements
- _____ Private or Out of State
- _____ Other _____

2) Pre-major Requirements

Pre-major requirements are common among education, business, science, technology & health related majors. See transfer guides, Counseling's Transfer Resource webpage, &/or a Counselor for more information.

Major _____

Courses required for admission and/or major:

3) Second Language Requirement _____ Yes _____ No

4) GPA & Application Deadlines:

GPA Requirements: _____ Application Deadlines: _____

College _____ College _____

Major _____ Major _____

Additional information about transferring at:

www.inverhills.edu/Counseling

www.mntransfer.org

www.transfer.org

http://admissions.tc.umn.edu/admissioninfo/mncap_intro.html

Legend

Layout: Dept Course# (credits) Title

Symbols: * = fulfills additional MnTC Goal#

L = lab

Courses with a grade of D or higher (including transfer) can be included in the MnTC. A 2.0 GPA is required for recognition of completion of the entire MnTC with/without completing an associate degree.

IHCC Courses which fulfill the MnTC

Goal 1: Communication, 3 courses

English/Writing (2 courses)

ENG 1108 (4) Writing & Research Skills *2 AND

ENG 1111 (2) Research Writing in Disciplines *2 OR

ENG 1114 (3) The Research Paper *2

Communication (1 course)

COMM 1100 (3) Interpersonal Communication *7

COMM 1110 (3) Public Speaking *2

COMM 2230 (3) Small Group Communication *2

Goal 2: Critical Thinking, 0-1 course

May be fulfilled by courses in Goals 1, 3, & 4.

*Additional courses listed below may be taken in this area to fulfill the 40-credit curriculum. Note: The courses listed below only satisfy Goal 2. Courses that meet Critical Thinking and another MnTC goal area are listed in that goal with a *2 cross-reference.*

COMM 1130 (3) Effective Comm in Organizations

ENG 1116 (3) Writing for the Web

ENG 1118 (3) Technical Document Design

ENG 1130 (3) Effective Writing in Organizations

GEOG 1119 (2) Map Interpretation

INFS 1000 (2) Information Literacy & Research Skills

INTS 1000 (1) On Course

INTS 1010 (3) Educational Planning and Assessment

INTS 1102 (2) Online Learning Success Strategies

INTS 1145 (4) Introduction to Technical Writing

Goal 3: Natural Science, 2 courses

One course from each subcategory (A & B).

At least one course must include a lab (L).

A. Life Sciences

ANTH 1130 (3) Intro to Biological Anthropology *10

BIOL 1107 (3) Biology of Women *2

BIOL 1110-L (1) Human Biology Lab *2

(Must combine with BIOL 1107 or 1114)

BIOL 1114 (3) Critical Issues in Human Biology *9

BIOL 1115-L (3) Critical Issues in Human Biol. *9

BIOL 1116 (2) Environmental Science *10

BIOL 1117-L (3) Environmental Science *10

BIOL 1120-L (4) Exploring Biology *2

BIOL 1123-L (4) Introduction to Forensic Science *2

BIOL 1154-L (4) General Biology: From Cell to Organism *2

BIOL 1155-L (5) General Biology: From Organism to Ecosystem *2

BIOL 2201-L (4) Anatomy & Physiology I *2

BIOL 2202-L (4) Anatomy & Physiology II *2

BIOL 2205-L (3) Microbiology *2

BIOL 2301-L (4) Zoology *2

BIOL 2303-L (5) Genetics *2

BIOL 2305-L (5) Principles of Microbiology *2

BIOL 2306-L (4) General Ecology *2

B. Physical Sciences

CHEM 1010-L (4) Introduction to Chemistry *2

CHEM 1061-L (5) Principles of Chemistry I *2

CHEM 1062-L (5) Principles of Chemistry II *2

GEOG 1140-L (4) Meteorology *10

GEOG 1150 (3) Renewable & Non-Renewable Natural Resources *10

GEOG 1160-L (4) Earth's Environmental Systems: Global Physical Geography *10

GEOG 1400-L (4) Energy/Environment/Climate *10

GEOL 1101-L (4) Physical Geology *10

GEOL 1105-L (4) Historical Geology *10

GEOL 1115 (3) Natural Disasters *10

PHYS 1020-L (3) Descriptive Astronomy *2

PHYS 1030-L (4) Descriptive Physics *2

PHYS 1041-L (4) Algebra/Trig Based Physics I *2

PHYS 1042-L (4) Algebra/Trig Based Physics II *2

PHYS 1081-L (5) Calculus Based Physics I *2

PHYS 1082-L (5) Calculus Based Physics II *2

Goal 4: Mathematical/Logical Reasoning, 1 course

MATH (3-5) Any course above 1001 *2

PHIL 1120 (3) Logic *2

CS 1118 (4) Discrete Structures of Computer Science*

Minnesota preparation standards for college require

successful completion of the first three years of a high school mathematics sequence through intermediate algebra or its equivalent.

Goal 5: History, Social Sciences, & Behavioral Sciences, 3 courses

Must include courses from at least two disciplines

ANTH 1100 (3) Intro to Anthropology *8

ANTH 1110 (3) Cultural Anthropology *8

ANTH 1120 (3) Introduction to Archaeology *7

ANTH 2120 (3) Field Experience in Archaeology *7

COMM 2240 (3) Intercultural Communication *8

ECON 1100 (3) Economics for Consumers *2

ECON 1102 (2) Survey of the World Economy *8

ECON 1105 (3) Principles of Macroeconomics *2

ECON 1106 (3) Principles of Microeconomics *8

GEOG 1100 (3) World Regional Geography *8

GEOG 1115 (3) Human Geography *8

GEOG 1130 (3) Minnesota Geography *7

GWS 1000 (3) Intro to Gender & Women Studies *7

GWS 1100 (3) Gender, Race & American Culture *7

MUSC 2100 (3) Masculinity/Femininity *2

HIST 1106 (4) World Civilizations to 1500 *8

HIST 1107 (4) World Civilizations since 1500 *8

HIST 1108 (4) Intro to Latin American History *8

HIST 1114 (4) History of the U S to 1877 *8

HIST 1115 (4) History of the U S since 1865 *8

HIST 1118 (3) Great War To The War on Terror *9

HIST 1122 (3) The United States Since 1945 *8

HIST 1130 (3) Minnesota History *10

HIST 1135 (3) History of Family *7

HIST 2120 (3) Civil War to 1910 *7

HIST 2125 (4) History of World Religions *9

INTS 1140 (3) Human Sexuality *9

INTS 1777 (2) The Journey of Love and Relationships

INTS 2250 (3) Issues & Perspectives *2

POLS 1101 (3) Introduction to Political Science *9

POLS 1111 (3) American Gov't & Politics *9

POLS 1121 (3) State/Local Gov't & Politics *9

POLS 1131 (3) World Politics *8

POLS 1141 (3) Environmental Politics *10

POLS 1161 (3) Constitutional Law *9

POLS 2250 (3) Special Topics

PSYC 1101 (4) General Psychology *2

PSYC 1140 (3) Psychology of Women *7

PSYC 1201-L (4) General Psychology with Lab *2

PSYC 1210 (4) Lifespan Psychology *7

PSYC 1215 (3) Child & Adolescent Psychology *7

PSYC 1220 (3) Adulthood & Aging Psychology *7

PSYC 1230 (3) Psyc of Death, Dying, & Loss *9

PSYC 2100 (3) Social Psychology *7

PSYC 2300 (3) Psychology of Mind & Health *2

PSYC 2250 (3) Abnormal Psychology *7

PSYC 2251 (2-4) Special Topics in Psychology *2

SOC 1100 (4) Introduction to Sociology *9

SOC 1126 (3) Sociology of Deviance *9

SOC 1127 (3) Social Inequalities *7

SOC 1130 (3) Family & Society *7

SOC 1145 (3) Gender in Society *2

SOC 2010 (3) Sociology of Genocide *9

SOC 2020 (3) Sociology of Sport *7

SOC 2030 (3) Environmental Sociology *10

SOC 2140 (3) Religions & Society *7

SOC 2142 (3) Mind, Self, & Society *7

SOC 2250 (3) Special Topics: Civic *9

SOC 2251 (3) Special Topics: Global Perspective *8

Goal 6: Humanities, Fine Arts, & Literature, 3 courses

At least one from each category

A. Fine Arts

ART 1100 (3) Introduction to Art *8

ART 1106 (3) Art History-Ancient to 1400 *8

ART 1107 (3) Art History Renaissance-Present *8

ART 1109 (3) Art History, World Art *8

ART 1114 (3) Beginning Drawing

ART 1115 (3) Advanced Drawing (Life Drawing)

ART 1120 (3) Design- 2-D/Color

ART 1121 (3) Beginning Digital Photography

ART 1122 (3) Advanced Digital Photography

ART 1131-L (3) Beg Digital Photography (w/ Lab)

ART 1132-L (3) Adv Digital Photography (w/ Lab)

ART 1151 (3) Beginning Digital Art

ART 1196 (3) 3-D Design

ART 2100 (3) Beginning Sculpture

ART 2101 (3) Advanced Sculpture

ART 2200 (3) Beginning Ceramics

ART 2201 (3) Advanced Ceramics

ART 2207 (3) Beginning Glass

ART 2217 (3) Advanced Glass

ART 2250 (3) Special Topics in Art

ART 2251 (3) Beginning Painting

ART 2252 (3) Advanced Painting

ART 2300 (3) Architectural History *8

COMM 2210 (2) Oral Interpretation of Literature

ENG 1112 (3) Creative Writing

ENG 2112 (3) Introduction to Fiction Writing

ENG 2251 (3) Special Topics in Writing *2

JOUR 1130 (3) Writing for Mass Media

MUSC 1104 (3) Class Piano

MUSC 1106 (3) Intermediate Class Piano

MUSC 1107 (2) Beginning Class Voice

MUSC 1109 (2) African Drum & Dance

MUSC 1110 (3) Music Fundamentals

MUSC 1118 (3) Beginning Drumset/Percussion

MUSC 1119 (3) Beginning Class Guitar

MUSC 1120 (3) Intermediate Class Guitar

MUSC 1121 (2) IHCC Steel Drum Ensemble *8

MUSC 1140 (3) Music Appreciation

MUSC 1141 (3) Pathways to Jazz

MUSC 1143 (3) History of Rock & Roll

MUSC 1144 (3) Broadway Musicals

MUSC 1145 (3) Music of the World's Cultures

MUSC 1146 (3) Music in Film

MUSC 1148 (3) Intro to Music Video Production

MUSC 2105 (2) IHCC Choir

MUSC 2128 (3) Western Music: Ancient to 1700 *8

MUSC 2129 (3) Western Music: 1700 to 1900 *8

MUSC 2220 (3) Music for the Whole Child *2

MUSC 2250 (3) Special Topics in Music

THTR 1105 (3) Introduction to Theatre

THTR 1152 (3) Beginning Acting

THTR 1157 (2) Theater-Make-up

THTR 1158 (2) Creative Dramatics

THTR 2153 (3) Advanced Acting

THTR 2154 (3) Design for the Theatre

B. Humanities/Literature

CHIN 1111 (3) Introduction to Chinese Culture *8

ENG 1140 (4) Introduction to Literature *2

ENG 1180 (4) Introduction to World Literature *8

ENG 2214 (4) Am Lit: Colonial Era - Civil War *2

ENG 2215 (4) Am Lit: The Civil War - Present *2

ENG 2222 (4) Brit Lit: Middle Ages-Age of Reason *2

ENG 2223 (4) British Lit: Romanticism-Present *2

ENG 2235 (3) Mythic Stories *8

ENG 2237 (3) The Short Story *2

ENG 2238 (3) Contemporary Fiction *7

ENG 2239 (3) Women in Literature *7

ENG 2240 (3) Representation of the Body in Lit *7

ENG 2250 (3) Special Topics of Literature

ENG 2252 (3) The Novel *7

ENG 2253 (3) Shakespeare *2

FREN 1111 (3) French Culture & Civilization *8

Goal 6: B. Humanities/Literature (continued)

FS/THTR 1101(3) Intro to Film *8
 FS/THTR 1103 (3) International Cinema *8
 FS/THTR (3) 1107 Film History I *8
 FS/THTR (3) 1108 Film History II *8
 FS/HUM 1115 (3) Holocaust & Genocide in Film *8
 FS 2220 (3) Hitchcock, the Master of Suspense *2
 FS 2210 (3) Documentary Films *2
 FS 2250 (3) Topics in Film Studies *2
 FS 2260 (3) Genre Studies in Film *2
 HUM 1110 (4) Ancient World to Renaissance *8
 HUM 1111 (4) Baroque to Modern World *8
 HUM/FS 1115 (3) Holocaust & Genocide in Film *8
 HUM 1135 (3) Indigenous Cultures *8
 HUM 1140 (3) Hispanic Culture & Civilization *8
 HUM 1177 (3) Holocaust: Multiple Lenses *9
 HUM 2250 (1-4) Special Topics in Humanities *8
 MUSC 1160 (3) Music & Protest
 PHIL 1110 (3) Introduction to Philosophy *2
 PHIL 1135 (3) Philosophy East & West *8
 PHIL 2201 (3) Philosophy of Religion *8
 PHIL 2250 (3) Special Topics in Philosophy *9
 THTR/FS 1101(3) Intro to Film *8
 THTR/FS 1103 (3) International Cinema *8
 THTR/FS (3) 1107 Film History I *8
 THTR/FS (3) 1108 Film History II *8
 THTR 2109 (3) Theatre History I *8

Goal 7: Human Diversity, 1 course

ANTH 1101(3) Intro to American Culture *8
 ANTH 1120 (3) Introduction to Archaeology *5
 ANTH 1150 (3) Intro: American Indian Cultures *10
 ANTH 2120 (3) Field Experience in Archaeology *5
 COMM 1100 (3) Interpersonal Communication *1
 COMM 2250 (2-3) Topics in Communication *2
 ENG 2238 (3) Contemporary Fiction *6b
 ENG 2239 (3) Women in Literature *6b
 ENG 2240 (3) Representation of the Body in Lit*6b
 ENG 2252 (3) The Novel *6b
 GEOG 1105 (3) U.S. & Canada *10
 GEOG 1130 (3) Minnesota Geography *5
 GWS 1000 (3) Intro, Gender & Women Studies *5
 GWS 1100 (3) Gender, Race & American Culture *5
 HIST 1135 (3) History of Family *5
 HIST 2120 (3) Civil War to 1910 *5
 INTS 1103 (3) Adults with Disabilities
 PHIL 2110 (3) American Mind *9
 PSYC 1140 (3) Psychology of Women *5
 PSYC 1210 (4) Lifespan Psychology *5
 PSYC 1215 (3) Child & Adolescent Psychology *5
 PSYC 1220 (3) Adulthood & Aging Psychology*5
 PSYC 2100 (3) Social Psychology *5
 PSYC 2250 (3) Abnormal Psychology *5
 SOC 1127 (3) Social Inequal: Race/Class/Gender *5
 SOC 1130 (3) Family & Society *5
 SOC 1145 (3) Gender in Society *5
 SOC 2020 (3) Sociology of Sport *5
 SOC 2140 (3) Religions & Society *5
 SOC 2142 (3) Mind, Self, & Society *5

Goal 8: Global Perspective, 1 course

ANTH 1100 (3) Intro to Anthropology *5
 ANTH 1101 (3) Intro to American Culture *7
 ANTH 1110 (3) Cultural Anthropology *5
 ART 1100 (3) Introduction to Art *6a
 ART 1106 (3) Art History-Ancient to 1400 *6a
 ART 1107 (3) Art History-Renaissance-Present *6a
 ART 1109 (3) Art History-World Art *6a
 ART 2300 (3) Architectural History *6a
 ASL 1101 (3) American Sign Language I
 ASL 1102 (3) American Sign Language II
 ASL 1103 (3) American Sign Language III
 ASL 1104 (3) American Sign Language IV
 CHIN 1111 (3) Introduction to Chinese Culture *6b
 COMM 2240 (3) Intercultural Communication *5
 ECON 1102 (2) Survey of the World Economy *5
 ECON 1106 (3) Principles of Microeconomics *5
 ENG 1180 (4) Introduction to World Literature *6b

ENG 2235 (3) Mythical Stories *6b
 FREN 1101 (5) Beginning French I
 FREN 1102 (5) Beginning French II
 FREN 1111 (3) French Culture & Civilization *6b
 FREN 2201 (5) Intermediate French I
 FREN 2202 (5) Intermediate French II
 FS/THTR 1101 (3) Introduction to Film *6b
 FS/THTR 1103 (3) International Cinema *6b
 FS/THTR 1107 (3) Film History I *6b
 FS/THTR 1108 (3) Film History II *6b
 FS/HUM 1115 (3) Holocaust & Genocide in Film *6b
 GEOG 1000 (3) Earth as the Home for Humans *10
 GEOG 1100 (3) World Regional Geography *5
 GEOG 1115 (3) Human Geography *5
 GS 2250, 2290, 2291 (3)
 GWS 1200 (3) Women & Global Issues *9
 HIST 1106 (4) World Civilizations to 1500 *5
 HIST 1107 (4) World Civilizations since 1500 *5
 HIST 1108 (4) Intro to Latin American History *5
 HIST 1114 (4) History of the U S to 1877 *5
 HIST 1115 (4) History of the U S since 1865 *5
 HIST 1122 (3) The United States Since 1945 *5
 HUM 1110 (4) Ancient World to Renaissance *6b
 HUM 1111 (4) Baroque to Modern World *6b
 HUM/FS 1115 (3) Holocaust & Genocide in Film *6b
 HUM 1135 (3) Indigenous Cultures of Ancient Middle America *8
 HUM 1140 (3) Hispanic Cultures/Civilization *6b
 HUM 2250 (1-4) Special Topics in Humanities *6b
 INTS 1125 (3) Creative Problem Solving *9
 MUSC 1121 (2) IHCC Steel Drum Ensemble *6a
 MUSC 1145 (3) Music of the World's Cultures
 MUSC 2128 (3) Western Music: Ancient to 1700 *6a
 MUSC 2129 (3) Western Music: 1700 to 1900 *6a
 PHIL 1125 (3) Critical Thinking *2
 PHIL 1135 (3) Philosophy East & West *6b
 PHIL 2201 (3) Philosophy of Religion *6b
 POLS 1131 (3) World Politics *5
 SOC 2251 (3) Special Topics: Global *5
 SPAN 1101 (5) Beginning Spanish I
 SPAN 1102 (5) Beginning Spanish II
 SPAN 2201 (5) Intermediate Spanish I
 SPAN 2202 (5) Intermediate Spanish II
 THTR/FS 1101 (3) Intro to Film *6b
 THTR/FS 1103 (3) International Cinema *6b
 THTR/FS 1107 (3) Film History I *6b
 THTR/FS 1108 (3) Film History II *6b
 THTR 2109 (3) Theatre History I *6b

Goal 9: Ethical & Civic Responsibility, 1 course

BIOL 1114 (3) Critical Issues in Human Biol *3a
 BIOL 1115-L (3) Critical Issues in Human Biol *3a
 COMM 1150 (3) Computer-Mediated Comm *2
 GWS 1200 (3) Women & Global Issues *8
 HIST 1118 (3) Great War to The War on Terror *5
 HIST 2125 (4) History of World Religions*5
 HUM 1177 (3) Holocaust: Multiple Lenses *6b
 INTS 1125 (3) Creative Problem Solving *8
 INTS 1140 (3) Human Sexuality *5
 INTS 1400 (3) Leadership Development: A Humanities-Based Approach *2
 JOUR 1101 (3) Introduction to Mass Media
 PHIL 1112 (3) Ethics *2
 PHIL 1130 (3) Environmental Ethics *10
 PHIL 2110 (3) American Mind *7
 PHIL 2250 (3) Special Topics in Philosophy
 POLS 1101 (3) Introduction to Political Science *5
 POLS 1111 (3) American Gov't & Politics *5
 POLS 1121 (3) State & Local Gov't & Politics *5
 POLS 1161 (3) Constitutional Law *5
 PSYC 1230 (3) Psych of Death, Dying, & Loss *5
 SOC 1100 (4) Introduction to Sociology *5
 SOC 1126 (3) Sociology of Deviance *5
 SOC 2010 Sociology of Genocide *5
 SOC 2250 (3) Special Topics: Civil *5

Goal 10: People & the Environment, 1 course

ANTH 1130 (3) Intro: Biological Anthropology *3a
 ANTH 1150 (3) Intro: American Indian Cultures *7
 BIOL 1001-L (2) Humans In Ecosystem: Renewable Energy
 BIOL 1002-L (2) Humans In Ecosystem: Special Ecosystems
 BIOL 1116 (2) Environmental Science *3a
 BIOL 1117-L (3) Environmental Science *3a
 GEOG 1000 (3) Earth as the Home for Humans *8
 GEOG 1105 (3) U.S. & Canada *7
 GEOG 1140-L (4) Meteorology *3b
 GEOG 1150 (3) Renewable & Non-Renewable Natural Resources *3b
 GEOG 1160-L (4) Earth's Environmental Systems: Global Physical Geography *3b
 GEOG 1400-L (4) Energy/Environment/Climate*3b
 GEOL 1101-L (4) Physical Geology *3b
 GEOL 1105-L (4) Historical Geology *3b
 GEOL 1115 (3) Natural Disasters *3b
 HIST 1130 (3) Minnesota History *5
 PHIL 1130 (3) Environmental Ethics *9
 POLS 1141 (3) Environmental Politics *5
 SOC 2030 (3) Environmental Sociology *5

Courses that fulfill Physical Education & Health Requirement (2 credits)

This requirement is part of the Associate in Arts (A.A.) degree, not a part of the MnTC.

OPTION 1:

HLTH 1155 (2) Lifetime Fitness (May be used to fulfill both HLTH & PE requirement)

OPTION 2:**A. Physical Education (1 credit)**

PHED 1101 (2) Group Cardio Workout
 PHED 1102 (1) Yoga
 PHED 1103 (1) Tai Chi
 PHED 1106 (1) Bowling
 PHED 1109 (2) Weight Training
 PHED 1110 (2) Conditioning
 PHED 1118 (1) Golf
 PHED 1124 (1) Recreational Activities
 PHED 1127 (1) Law Enforcement Physical Skills Training
 PHED 1129 (1) Racket Sports
 PHED 1130 (1) Softball
 PHED 1135 (1) Snowboarding and Skiing
 PHED 1144 (1) Volleyball
 PHED 1145 (2) Walking / Jogging
 PHED 1148 (1) Karate
 PHED 1150 (1) Self-Defense
 PHED 1157 (1) Fitness for Emergency Services
 PHED 1180 (1) Approved Activity
 PHED 2200 (1) Flat Water Canoe
 PHED 2201 (1) Outdoor Activity Sampler
 PHED 2208 (1) Backpacking
 PHED 2210 (1) Winter Skills
 PHED 2213 (1) Geocaching
 PHED 2214 (1) Wilderness Navigation

B. Health (1 credit)

HLTH 1105 (1) Sleeps, Eats & Exercises
 HLTH 1110 (3) Nutrition
 HLTH 1120 (3) Personal Health
 HLTH 1122 (2) Community Health
 HLTH 1123 (2) Stress Management
 HLTH 1124 (1) Alcohol & College Life
 HLTH 1125 (3) First Aid: Resp. to Emergencies
 HLTH 1126 (1) BLS for Healthcare Providers
 HLTH 1127 (1) Comm. First Aid, Safety & CPR
 HLTH 1128 (1) Communicable Disease Topics
 HLTH 1129 (1) Tai Chi
 HLTH 1130 (3) Drug Use/Abuse
 HLTH 2250 (1-3) Special Topics in Health



COURSE PLANNING WORKSHEET
Inver Hills Counseling Department

Date _____ Name _____ ID# _____

Transfer Plans? Yes _____ No _____ Where _____

Major/Program _____

Fall Semester 20 _____

Spring Semester 20 _____

Summer Semester 20 _____

Notes:

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Fall Semester 20 _____

Spring Semester 20 _____

Summer Semester 20 _____

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Fall Semester 20 _____

Spring Semester 20 _____

Summer Semester 20 _____

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