



**Early Childhood Education**

**Health, Wellness,  
and Leisure Services**

**Family,  
Human,  
and Leisure  
Services  
Programs**

**Human Services**

# FAMILY, HUMAN, AND LEISURE SERVICES

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## Early Childhood Education - Diploma

The Early Childhood Education Diploma program is designed to provide an introduction to the physical, social, emotional, and intellectual development of children from birth through age 8. This program helps prepare students for a rewarding career nurturing the growth and development of young children. Students learn about child development, the child care field, and appropriate practices while working with children. In addition, this program addresses the competencies and functional areas necessary for students to begin the assessment and testing process for the Child Development Associate National Credential administered by the Council for Early Childhood Professional Recognition.

Students can enter employment in an early childhood area upon completion of the program. Additionally, students have the option to continue their education and earn an associate and/or bachelor degree.

Upon satisfactory completion of the prescribed curriculum (at least 30 semester hours) with an average grade point of 2.00 (C), the student is awarded a diploma.

### Career Opportunities

Successful graduates can find job opportunities in the following occupational areas:

- Child Care Centers
- Preschools
- In-home Day Care Centers



### Required Courses

ECE-103	Introduction to Early Childhood Education.....	3 s.h.
ECE-131	Home and School Relationships in Early Childhood .....	3 s.h.
ECE-133	Child Health, Safety, and Nutrition .....	3 s.h.
ECE-159	Early Childhood Curriculum II .....	3 s.h.
ECE-170	Child Growth and Development.....	3 s.h.
ECE-243	Early Childhood Guidance .....	3 s.h.
EDU-235	Children's Literature .....	3 s.h.
EDU-246	Including Exceptional Students.....	3 s.h.

### Suggested Electives - 6 s.h. needed

ART-102	Art for Elementary Education .....	3 s.h.
BIO-123	Inquiry Into Life Science.....	4 s.h.
EDU-216	Introduction to Teaching.....	3 s.h.
EDU-219	Field Experience and Seminar.....	1 s.h.
MAT-112	Math for Elementary Teachers I.....	3 s.h.
MAT-113	Math for Elementary Teachers II.....	3 s.h.
PSY-223	Child and Adolescent Psychology.....	3 s.h.
PSY-281	Educational Psychology.....	3 s.h.

# Health, Wellness, and Leisure Services

The Health, Wellness, and Leisure Services program prepares students for direct employment or ongoing study in these fields. Graduates may find employment working with people of all ages with diverse backgrounds in such areas as health and fitness, municipal parks, commercial recreation, nonprofit settings, community agencies, tourism, and outdoor recreation. The program focuses on direct service programming as it relates to health, wellness, and leisure activities for both the individual and groups.

Students interested in careers in Health, Wellness, and Leisure Services may select from the following options: 1) an A.A. degree with a Physical Fitness and Wellness Certificate; 2) an A.A.S. degree in Health, Wellness, and Leisure Services; 3) a Physical Fitness and Wellness Diploma; or 4) a Physical Fitness and Wellness Certificate.

## A.A. Degree with Physical Fitness and Wellness Certificate

An A.A. degree option with a Wellness certificate is designed to be the first two years of a transfer program in a related field. The certificate provides background in personal health and wellness designed to strengthen a student's experience in the area.

Upon completion of the two-year curriculum with a grade point average of 2.00 (C), the student is awarded an Associate in Arts Degree with a Physical Fitness and Wellness Certificate.

### General Education Core Requirements

BIO-151	Nutrition.....	3 s.h.
BIO-152	Health & Nutrition.....	3 s.h.
BIO-206	Anatomy & Physiology I.....	4 s.h.
	OR HSC-150, Body Structure & Function * (4 s.h.)	
ENG-102	Composition & Speech I.....	4 s.h.
ENG-103	Composition & Speech II.....	4 s.h.
MAT-156	Introduction to Statistics**.....	3 s.h.
PEA-146	Physical Fitness.....	1 s.h.
PEA-147	Physical Fitness Lab.....	1 s.h.
PSY-121	Developmental Psychology.....	3 s.h.
PSY-223	Child & Adolescent Psychology.....	3 s.h.
	Business Elective.....	3 s.h.
	Physical Education/Activities Electives.....	2 s.h.
	Humanities Elective(s).....	9 s.h.
	Social Science Elective(s).....	3 s.h.
	Humanities/Social Science/Natural Science/Math Elective(s).....	2-3 s.h.

\* If completing HSC-150 instead of BIO-206, you will need to complete additional general education electives.

\*\* May need to start with an appropriate level math class first.

General Education courses must total at least 40 semester hours to meet A.A. degree requirements.

See *Physical Fitness and Wellness Certificate Requirements* on page 66.

# Health, Wellness, and Leisure Services - A.A.S. Degree

*(Pending approval by the Iowa Department of Education.)*

The A.A.S. degree option is intended to provide students with the training to enter the job market in the field of Health, Wellness, and Leisure Services.

Upon completion of the two-year curriculum with a grade point average of 2.00 (C), the student is awarded an Associate in Applied Science Degree.

## Required Courses/Suggested Schedule

### First Year

#### First Term (Fall Semester)

BIO-152	Health & Nutrition.....	3 s.h.
ENG-102	Composition & Speech I.....	4 s.h.
PEH-111	Personal Wellness.....	3 s.h.
PEH-161	Introduction to Physical Education.....	2 s.h.
PSY-121	Developmental Psychology.....	3 s.h.
	Physical Education/Activities Elective.....	1 s.h.
		16 s.h.

#### Second Term (Spring Semester)

BUS-107	Business Careers.....	1 s.h.
ENG-103	Composition & Speech II.....	4 s.h.
PEA-146	Physical Fitness.....	1 s.h.
PEA-147	Physical Fitness Lab.....	1 s.h.
PEH-140	First Aid.....	1 s.h.
PEH-221	Introduction to Leisure Services.....	3 s.h.
	Physical Education/Activities Elective.....	1 s.h.
	Recommended Elective(s).....	3 s.h.
		15 s.h.

### Second Year

#### Third Term (Fall Semester)

BUS-161	Human Relations.....	3 s.h.
BUS-225	Business Internship.....	1-2 s.h.
HSC-150	Body Structure & Function.....	4 s.h.
	OR BIO-206, Anatomy & Physiology I (4 s.h.)	
MGT-220	Introduction to Sports Management.....	3 s.h.
PEC-166	Sports Officiating: Fall & Winter Sports.....	2 s.h.
PSY-223	Child & Adolescent Psychology.....	3 s.h.
		16-17 s.h.

#### Fourth Term (Spring Semester)

BIO-151	Nutrition.....	3 s.h.
	OR BIO-207, Anatomy & Physiology II (4 s.h.)	
BUS-225	Business Internship.....	1-2 s.h.
MGT-221	Current Issues in Sport.....	3 s.h.
PEC-127	Care & Prevention of Athletic Injuries.....	2 s.h.
PEC-168	Games & Officiating: Spring & Summer Sports.....	2 s.h.
	Recommended Elective(s).....	3 s.h.
		14-16 s.h.

Total Program Hours 61-64 s.h.

### Recommended Electives:

BUS-102	Introduction to Business.....	3 s.h.
BUS-134	The Successful Entrepreneur.....	2 s.h.
BUS-136	Creativity, Innovation and Opportunity Analysis.....	2 s.h.
BUS-142	Planning the Entrepreneurial Venture.....	2 s.h.

HSC-108	Introduction to Health Professions.....	2 s.h.
MAT-156	Introduction to Statistics.....	3 s.h.
MGT-101	Principles of Management.....	3 s.h.
MKT-110	Principles of Marketing.....	3 s.h.
MKT-140	Principles of Selling.....	3 s.h.
PEC-110	Coaching Ethics, Techniques, & Theories.....	1 s.h.
PEC-115	Athletic Development and Human Growth.....	1 s.h.
PEC-122	Introduction to Anatomy & Physiology for Coaching.....	1 s.h.
PEH-180	Rape Education and Self Defense.....	2 s.h.
PTA-120	Kinesiology.....	3 s.h.
SOC-215	Prime for Life: Substance Abuse.....	1 s.h.

## Physical Fitness and Wellness Diploma

*(Pending approval by the Iowa Department of Education.)*

The intent of the Physical Fitness and Wellness diploma is to provide a foundation for students interested in group fitness and/or becoming a personal trainer. National Certification is available through the American Council of Exercise (ACE).

Upon completion of the curriculum with a grade point average of 2.00 (C), the student is awarded a Physical Fitness and Wellness Diploma.

### Required Courses/Suggested Schedule

#### First Term (Fall Semester)

BUS-107	Business Careers.....	1 s.h.
BUS-161	Human Relations.....	3 s.h.
HSC-150	Body Structure & Function.....	4 s.h.
PEA-146	Physical Fitness.....	1 s.h.
PEA-147	Physical Fitness Lab.....	1 s.h.
PEH-111	Personal Wellness.....	3 s.h.
	Elective(s).....	3 s.h.
		16 s.h.

#### Second Term (Spring Semester)

BIO-151	Nutrition.....	3 s.h.
BUS-225	Business Internship.....	2 s.h.
MKT-110	Principles of Marketing.....	3 s.h.
PEC-127	Care & Prevention of Athletic Injuries.....	2 s.h.
PEH-140	First Aid.....	1 s.h.
	Physical Education/Activities Elective.....	1 s.h.
	Elective(s).....	3 s.h.
		15 s.h.

Total Program Hours 31 s.h.

### Recommended Electives:

BUS-134	The Successful Entrepreneur.....	2 s.h.
BUS-136	Creativity, Innovation and Opportunity Analysis.....	2 s.h.
PEH-221	Introduction to Leisure Services.....	3 s.h.

## Physical Fitness and Wellness Certificate

*(Pending approval by the Iowa Department of Education.)*

The Physical Fitness and Wellness certificate is intended for individuals desiring an introduction to health and wellness. It may be taken in combination with the A.A. degree.

Upon completion of the curriculum with a grade point average of 2.00 (C), the student is awarded a Physical Fitness and Wellness Certificate.

### Required Courses

BIO-151	Nutrition.....	3 s.h.
BUS-107	Business Careers.....	1 s.h.
BUS-225	Business Internship.....	1-2 s.h.
PEH-140	First Aid.....	1 s.h.
PEA-146	Physical Fitness.....	1 s.h.
PEA-147	Physical Fitness Lab.....	1 s.h.
PEC-122	Anatomy & Physiology for Coaching*.....	1 s.h.
PEC-127	Care & Prevention of Athletic Injuries.....	2 s.h.
PEH-111	Personal Wellness.....	3 s.h.
	Physical Education/Activities Electives**.....	2 s.h.
	Total Hours.....	16-17 s.h.

\* HSC-150, Body Structure & Function, or BIO-206, Anatomy & Physiology I, may be substituted.

\*\* Recommended: PEH-221, Introduction to Leisure Services

## Coaching Authorization

A coach is a person who holds a coaching authorization or coaching endorsement from the Iowa Board of Educational Examiners, and who diagnoses, prescribes, evaluates, assists, or directs student learning of an interscholastic athletic endeavor at a practice session or on the field of competition. The coaching authorization class sequence is offered twice per year outside of the regular school calendar.

Upon completion of the curriculum, the student shall submit records of credit to:

Department of Practitioner Preparation and Licensure  
 Department of Education  
 Grimes State Office Building  
 Des Moines, IA 50319  
 Phone: 515-281-3245

For additional information, please see the Iowa Department of Education web site: <http://www.iowa.gov/educate/>

### Required Courses

PEC-110	Coaching, Ethics, Techniques, & Theories.....	1 s.h.
PEC-115	Athletic Development and Human Growth.....	1 s.h.
PEC-122	Introduction to Anatomy and Physiology for Coaching.....	1 s.h.
PEC-127	Care & Prevention of Athletic Injuries.....	2 s.h.
	Total Hours.....	5 s.h.

# Human Services

## A.A. Degree with Human Services Certificate

Students interested in careers in Human Services may graduate from NIACC with an Associate of Arts Degree with a Human Services certificate. The Human Services program prepares students for entry-level jobs or for transfer to a four-year degree program. The program emphasizes skills needed in working with consumers such as interviewing, completing an assessment of individual/family needs, making appropriate referrals, and assisting with counseling. By the end of the program, students will be able to interact effectively with consumers in a human services agency such as public/private social services agencies, treatment centers, group homes, supported living and work programs, and state or county departments of social services.

Upon completion of the two-year curriculum with a grade point average of 2.00 (C), the student is awarded an Associate in Arts Degree with a Human Services certificate.



### General Education Core Requirements

ENG-102	Composition & Speech I .....	4 s.h.
ENG-103	Composition & Speech II .....	4 s.h.
PSY-111	Introduction to Psychology .....	3 s.h.
PSY-121	Developmental Psychology .....	3 s.h.
SOC-110	Introduction to Sociology .....	3 s.h.
SOC-115	Social Problems .....	3 s.h.
SOC-120	Marriage and Family .....	3 s.h.
	Biological Sciences, Physical Sciences, Health and Nutrition, or Nutrition .....	3-5 s.h.
	Humanities Electives (Spanish Recommended) .....	8 s.h.
	Mathematics* .....	3-4 s.h.
	Additional general education course .....	0-3 s.h.

\*General Education courses must total at least 40 semester hours to meet A.A. degree requirements.

### Human Services Core Requirements

BCA-215	Computer Business Applications .....	3 s.h.
HSV-152	Introduction to Counseling .....	3 s.h.
HSV-153	Professional Ethics .....	3 s.h.
PSY-223	Child and Adolescent Psychology .....	3 s.h.
SDV-210	Cooperative Education Internship .....	1 s.h.
	OR SOC-881 Social Responsibility and Community Service (2 s.h.)	
	OR SOC-949A Special Topics in Social Science (1 s.h.)	
SOC-150	Introduction to Human Services .....	3 s.h.
SOC-215	Prime for Life: Substance Abuse .....	1 s.h.

### Career Opportunities

- Social Work Associate
- Case Aide
- Parent-skill Worker
- Family Support Advocate
- Residential Treatment Associate
- Long-term Care Facility Associate
- Early Childhood Assistant
- Youth Counselor