

About Our Facility:

Northeast Texas Community College is located in a beautiful rural setting near the Chapel Hill community. The campus is situated on 375 acres centrally located among the county seats of Daingerfield, Pittsburg and Mount Pleasant.

The program is under the direction of a National Certified and State Licensed Athletic Trainer. Students learn basic taping techniques, rehabilitation techniques and modality use to prepare for upper level university classes and licensure requirements. The 1,000 square foot athletic training facility boasts a Richmar EVO Ultrasound/E-stim Combination Unit, Hydrocollator, Treadmill, Elliptical Machine and Stationary Bike. We also have a trailer for use as a mobile athletic training room at events.



NORTHEAST TEXAS
COMMUNITY COLLEGE

More information online at
www.ntcc.edu/humanperformance

PROGRAM CONTACT:

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NTCC is an Affirmative Action, Equal Opportunity, ADA institution.



NORTHEAST TEXAS
COMMUNITY COLLEGE



**HUMAN
PERFORMANCE**

PROGRAM DESCRIPTION

Do you have a passion for physical fitness? The NTCC Human Performance curriculum provides a foundation in nutrition, exercise science, health, physical education and recreation to prepare students to transfer to a four-year academic institution to continue their educational goals. In addition to specialized training in human performance, students will complete core curriculum requirements and earn certifications in CPR and First Aid. The Human Performance degree will provide you with the tools and skills needed to analyze performance and make recommendations for improvement in health, physical fitness, training, and coaching.



PATHWAY

Year 1 Semester - Fall

ENGL 1301 English Composition I
MATH 1314 College Algebra
Choose 1 Physical Education Course
BIOL 2401 Anatomy & Physiology I
PHED 1301 Foundations of Kinesiology

Total Credit Hours: 14

Year 1 Semester 2 - Spring

BIOL 2402 Anatomy & Physiology II
SPCH 1321 Business and Professional Communication
PHED 1304 Health Education
HIST 1301 United States History I
MUSI 1306 Music Appreciation

Total Credit Hours: 16

Year 2 Semester 1 - Fall

HIST 1302 United States History II
PHIL 1301 Introduction to Philosophy
PHED 1306 First Aid
BIOL 1322 Nutrition
GOVT 2305 Federal Government

Total Credit Hours: 15

Year 2 Semester 2 - Spring

ENGL 1302 English Composition II
PSYC 2301 Introduction to Psychology
PHED 1338 Concepts of Physical Fitness
GOVT 2306 Texas Government
PHED 2356 Care and Prevention of Athletic Injuries

Total Credit Hours: 15

Total Program Hours: 60



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outlook info

JOB OUTLOOK

The NTCC Human Performance program is designed to provide a broad introduction to various fields and enables students to transfer to a four-year academic institution to pursue professions in Physical Therapy, Athletic Training, Exercise Science or Sports Medicine. For more information on these professions, please see the US Bureau of Labor Statistics Occupational Handbook at <https://www.bls.gov/ooh/>

