

Associate of Arts (AA) Degree in Liberal Education

Graduation Requirements:

Students seeking an Associate of Arts (AA) degree in liberal education must complete a total of 60 college-level semester credits, including:

- MnTC requirements
- Health - one course
- Exercise Science - one course
- Elective credits - additional course(s) numbered 1000 and above, if needed to complete the 60 credit requirement.

Other Graduation Requirements:

- Complete the specific degree requirements as specified above.
- Earn a cumulative grade point average (GPA) of 2.00 or higher for college-level coursework (courses numbered 1000 and above) completed at Normandale.
- Earn a minimum of 20 college level credits at Normandale.

By specific agreement, students who have been awarded the Associate of Arts degree in Liberal Education have satisfied all general education requirements for graduation from any of Minnesota's public colleges and universities.

The following schools also accept the AA degree as satisfying their general education requirements:

Minnesota Schools:

Argosy University, Augsburg College, Bethany Lutheran College, Capella University, College of St. Scholastica, Concordia University in St. Paul, and St. Mary's University.

North Dakota Schools:

Mayville State University, North Dakota State University, the University of North Dakota.

Wisconsin Schools:

Northland College, UW-River Falls, UW-Stout and UWSuperior.

The general education (MnTC) portion of the AA degree satisfies the liberal education requirements at the University of Minnesota.

Associate of Arts Degree with Emphasis

Students seeking an Associate of Arts (AA) degree in Liberal Education with an emphasis must successfully complete the AA requirements and the specific emphasis requirements. Emphasis requirements may also be used to satisfy the Minnesota Transfer Curriculum Goal requirements.

Health: Integrative Wellness/Health Education Emphasis

The Associate of Arts degree Emphasis in Integrative Wellness/Health Education enables students to focus health-related interests toward the issues and needs of individuals and personal wellness. The interdisciplinary emphasis addresses a number of topics important to an understanding of the concept of "wellness" as well as healthy lifestyle, relaxation, fitness, and related concerns from a number of disciplines. The coursework is designed to provide the lower division coursework on which to base a four year degree in health and related subject areas.

To complete the AA degree with Emphasis in Integrative Wellness/Health Education, the student must complete 40 credits of the Minnesota Transfer Curriculum, 6 core courses and at least 4 credits in electives to total 60 *credits*.

Core courses (16 cr)

HLTH 1118	Stress Management (3)
HLTH 1160	T'ai Chi Ch'uan I (2)
HLTH 2160	T'ai Chi Ch'uan II (2)
HLTH 1170	Healing Qigong (3)
HLTH 1104	Contemporary Health (3)
HLTH 1107	Nutrition (3)
-OR EXSC 1128	Personal Nutrition/Exercise (3)
-OR HLTH 1128	Personal Nutrition/Exercise (3)



Elective course: (4 cr)

BIOL 1103	Intro to Emerging Diseases (3)
DIET 2270	Community Nutrition (3)
EXSC 1105/2205	Fitness Yoga (1)
EXSC 1128	Personal Nutrition/Exercise (3)
-OR HLTH 1128	Personal Nutrition/Exercise (3)
HLTH 1103	College First Aid and Adult CPR (2)
HLTH 1106	Drug Use and Abuse (3)
HLTH 1111	Community CPR (1)
HLTH 1112	BLS CPR (1)
HLTH 1900	Topics in Health (3)
HLTH 2209	First Responder (3)
HLTH 2210	Wilderness Medicine (2)
PSYC 1108	Psychology of Death and Dying (3)
PSYC 1120	Psychology of Human Sexuality (3)
PSYC 1220	Psych of Adulthood and Aging (3)
SOC 2114	Families in Crisis (3)

