



**CANKDESKA CIKANA  
COMMUNITY COLLEGE**  
*Spirit Lake Tribe*

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214 First Avenue  
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# HPER

## HEALTH, PHYSICAL EDUCATION AND RECREATION

## Labor Statistics

Median annual wage in May 2019 - \$26,350 to \$61,600.

Job outlook 2019-29:

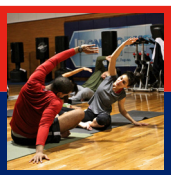
- Physical Education teachers up by 4%.
- Recreation and Fitness up by 15%.
- Coaches and related workers up by 12%.



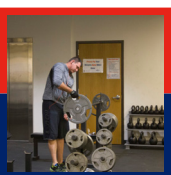
**Physical Educator**



**Athletic Coach**



**Recreation Leader**



**Health Educator**

## About HPER

The Associate of Science (AS) in Health, Physical Education, and Recreation (HPER) mission is to provide students with the foundation for further study in areas such as physical education teaching, recreation, and athletic coaching. While it is designed to transfer to a four year college, the HPER degree can provide opportunities in recreation or park board type positions, positions at a health club/fitness center, or an athletic coach in a school system.

## Why Choose Us

- Affordable
- Smaller Class Sizes
- Fully Accredited - Credits Transfer
- Financial Aid & Scholarships Available
- Qualified & Dedicated Instructors

Think Dakota



Live Dakota

*Woksape* - Wisdom  
*Wicowaliba* - Humility  
*Wowaditake* - Courage  
*Wawokiya* - Generosity  
*Wowaditake* - Fortitude  
*Waohoda* - Respect  
*Ohañ Owotana* - Honesty



@CankdeskaCikanaCC



# Essential Studies

Student Success ENGL100  
College Composition I ENGL110  
College Composition II ENGL120  
Fundamentals of Public Speaking COMM110  
Fine Arts, Humanities, History  
Social Studies, History  
Introduction to Computers CSC101  
Math  
General Biology I BIOL150/L  
Dakota Culture and History DS110  
Dakota Language I ENGL161  
Personal & Community Health HPER217

# Core Classes

Anatomy & Physiology I BIOL220/L  
Anatomy & Physiology II BIOL221/L  
Cardio HPER101  
Basketball HPER102  
Volleyball HPER103  
Weightlifting HPER104  
Introduction & Foundations of Physical Education HPER180  
Introduction & Foundations of Recreational Sports HPER187  
Introduction to Coaching/Field Experience HPER230  
Theory of Coaching HPER241  
First Aid/CPR HPER210

# Community Jobs

Three Area Public Schools  
Four Recreation Centers  
Starting Your Own Business

**Cankdeska Cikana**

(Chaun - GDEH - sh' kah - CHEE - kan - nah)

n. (Little Hoop)

[www.littlehoop.edu](http://www.littlehoop.edu)

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