CENTRAL CAROLINA COMMUNITY COLLEGE

Health Sciences

Program Planning Guide

Pre-Practical Nursing Program (A55280PN)

The pre-practical nursing program provides the academic and professional foundation needed to succeed in the Practical Nursing program and begin a career as a licensed practical nurse. Coursework in anatomy and physiology, psychology, and foundational healthcare concepts helps students understand how the human body functions and how physical, mental, and social factors influence health. The program emphasizes critical thinking, clinical reasoning, and attention to detail, which are essential for safe and effective patient care. Students also begin developing professional behaviors such as accountability, ethical decision-making, and teamwork that are expected in clinical nursing environments.

Communication, professionalism, and academic readiness are also key components of the program. Courses in writing and career preparation strengthen communication, study skills, time management, and personal responsibility, while Nurse Aide I offers early hands-on clinical experience that builds confidence and patient care skills. Students gain exposure to real-world healthcare settings that help them understand the pace, expectations, and responsibilities of nursing practice. Together, these courses prepare students to enter the Practical Nursing program ready to master core competencies tested on the NCLEX PN exam, including safety, communication, psychosocial integrity, and physiological adaptation.

The pre-Practical Nursing program is designed as a preparation track and does not lead to a degree. Students who decide not to pursue nursing will need to work with their Education Navigator to transition into a different degree pathway.

Pre-Nursing Program General Education Classes:

Required Program Courses		Class	Lab	Credits	Notes:
ACA 122	Transfer & Career Success	0	2	1	Seated or online
BIO 168	Anatomy and Physiology I	3	3	4	Seated
BIO 169	Anatomy and Physiology II	3	3	4	Seated
Elective	Medical Math (see note below)	3	0	3	Online (LN1 or LN2 only)
ENG 111	Writing and Inquiry	3	0	3	Seated or online
PSY 150	General Psychology	3	0	3	Seated or online
NAS 3240	Nurse Aide Level I				Seated only via Continuing Education or Approved NC Nurse Aide Programs

A minimum grade of B must be earned in all science classes (BIO 168 and BIO 169). A minimum grade of C must be earned in all other classes for the nursing program..

Medical Math Elective

A medical math course builds the skills needed to work accurately and confidently in healthcare. The course develops the ability to estimate and verify calculations, convert between measurement systems using dimensional analysis, and apply fractions, percentages, and proportions to real medical situations such as interpreting labels and calculating medication dosages. Instruction also includes reading charts and graphs and using basic statistical and geometric concepts that

support problem-solving in clinical settings. Completing this course provides a strong foundation that makes future math classes easier, strengthens confidence, and helps prevent common calculation errors. The following math course is available for pre-health science students: MAT 110 (LN1 or LN2 only)

Pre-Practical Nursing Suggested Course Schedule:

		Class	Lab	Clinical	Credits	Notes:
1st Semester (fall)						
ACA 122	Transfer & Career Success	0	2	0	1	Seated or online
BIO 168	Anatomy and Physiology I	3	3	0	4	Seated
ENG 111	Writing and Inquiry	3	0	0	3	Seated or online
MAT 110	Medical Math (Math Measurement & Literacy)	2	2	0	3	Online (LN1 or LN2 only)
	Total Semester Hours	**8**	**7**	**0**	**11**	
2nd Semester (spring)						
BIO 169	Anatomy and Physiology II	3	3	0	4	Seated
PSY 150	General Psychology	3	0	0	3	Seated or online
NAS 3240	Nurse Aide Level I					Seated only via Continuing Education or Approved NC Nurse Aide Programs
	Total Semester Hours	**6**	**3**	**0**	**7**	

Health Sciences

Planning for Your Future as a Nurse:

Earning an Associate Degree in Nursing builds on the knowledge and clinical experience gained in the Practical Nursing program and prepares students to become a Registered Nurse. The program focuses on advanced patient care, clinical decision-making, and evidence-based practice through coursework and clinical training across key nursing areas. Students develop the technical, critical thinking, and communication skills needed for independent nursing practice. Graduates are eligible to sit for the NCLEX RN licensure exam and gain access to expanded career opportunities, increased earning potential, and advancement within the nursing profession.

If you intend to pursue an Associate in Applied Science in Nursing degree and are interested in taking additional classes while you are waiting to enter the nursing program, these are the required courses for CCCC's program. Please see the college catalog for course descriptions.

Required Program Courses		**Class**	**Lab**	**Credits**	**Notes:**
Elective	Humanities/Fine Arts Elective	3	3	3	Seated or online
Elective	English Elective	3	3	3	Seated or online
PSY 241	Developmental Psychology	3	0	3	Seated or online
SOC 210	Introduction to Sociology	3	0	3	Seated or online
SPA 111	Elementary Spanish I (see note below)	3	0	3	Seated or online
SPA 112	Elementary Spanish II	3	0	3	Seated or online
SPA 211	Intermediate Spanish I	3	0	3	Seated or online
SPA 212	Intermediate Spanish II	3	0	3	Seated or online

A minimum grade of B must be earned in all science classes (BIO 168 and BIO 169). A minimum grade of C must be earned in all other classes for the nursing program.

English Elective Options: Select One: **ENG 112***, ENG 114

Humanities/Fine Arts Elective Options: Select One: ART 111, ART 114, ART 115, HUM 115, MUS 110, MUS 112, **PHI 240***

*Recommended for ADN students

Foreign Language Elective
Spanish is not required for an ADN program, but it is strongly recommended for pre-health students because it significantly improves communication with a large and growing Spanish-speaking patient population. Being able to speak Spanish builds trust, reduces misunderstandings, and helps prevent errors in patient care. Employers in healthcare provide stipends to bilingual employees, making Spanish a powerful advantage for anyone preparing for a health science career. The following Spanish courses are available for pre-health students: SPA 111, SPA 112, SPA 211, SPA 212.

Students who have questions about the pre-Practical Nursing program should contact their Education Navigator.