

# PROGRAM OF STUDY

## PHYSICAL EDUCATION Associate in Arts Degree

The student who completes the requirements for an A degree in Physical Education will identify effective pedagogical techniques for primary and secondary students. The student will demonstrate a basic knowledge of human anatomy and the treatment of common sports/fitness related injuries. The student will have practical experience in a breadth of activities, such as intercollegiate sports, swimming, racquet sports, and fitness activities like weight training and aerobic dance.

### Required Courses

		Units
BIOL5	HUMAN BIOLOGY	4

### Complete a minimum of eight (8) units from the following:

		Units
BIOL20	HUMAN ANATOMY	4
BIOL22	HUMAN PHYSIOLOGY	5
CHEM3A	INTRODUCTORY GENERAL CHEMISTRY	4
CHEM10	ELEMENTARY CHEMISTRY	4
FN35	NUTRITION AND HEALTH	3
FN40	NUTRITION	3
HLTH1	CONTEMPORARY HEALTH ISSUES	3
HLTH2	FIRST AID AND SAFETY	2
PE20	ATHLETIC TRAINING	4
PE22	INTRODUCTION TO PHYSICAL EDUCATION	3

### Select three (3) units from the following:

		Units
PE1	ADAPTED PHYSICAL EDUCATION	1
PE2	AEROBICS (DANCE, STEP OR WATER)	1
PE4	BADMINTON	1
PE5	BASKETBALL	1
PE6	FITNESS AND HEALTH	1
PE7	GOLF	1
PE8	MARTIAL ARTS/SELF DEFENSE/TAI CHI	1
PE10	RACQUETBALL	1
PE12	SWIMMING	1
PE13	TENNIS	1
PE14	VOLLEYBALL	1
PE15	WEIGHT TRAINING	1
PE16	FITNESS WALKING	1
PE18	FLOOR EXERCISES	1
PE19	WEIGHT TRAINING AND AEROBICS	1
PE30B	COMPETITIVE BASEBALL	3
PE30C	OFF-SEASON CONDITIONING FOR BASEBALL	1
PE31B	COMPETITIVE BASKETBALL	3
PE31C	OFF-SEASON CONDITIONING FOR BASKETBALL	1
PE33B	COMPETITIVE FOOTBALL	3
PE33C	OFF-SEASON CONDITIONING FOR FOOTBALL	1
PE34B	COMPETITIVE GOLF	3
PE34C	OFF-SEASON CONDITIONING FOR GOLF	1
PE37B	COMPETITIVE SOFTBALL	3
PE37B	COMPETITIVE SOFTBALL	3
PE38B	COMPETITIVE TENNIS	3
PE38C	OFF-SEASON CONDITIONING FOR TENNIS	1
PE39B	COMPETITIVE TRACK AND FIELD	3
PE39C	OFF-SEASON CONDITIONING FOR TRACK AND FIELD	1

PE40B	COMPETITIVE VOLLEYBALL	2
PE40C	OFF-SEASON CONDITIONING FOR VOLLEYBALL	1
<b>Select additional units from the above areas to total at least 18 units.</b>		<b>Units</b>
		3
<b>Total Units</b>		<b>18</b>
		PID 130