

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 |
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| 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 |
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| DANCE9 | Dance Conditioning | 1 |
| 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 | 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 |
| PE29 | Yoga | 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 |

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| 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 |

Select additional units from the above areas to total at least 18 units. **Units**
3

Total Units **18**