

PROGRAM OF STUDY

Physical Education Associate in Arts Degree

The student who completes the requirements for an AA 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	3
KINES20	Athletic Training	3.5
KINES22	Introduction to Physical Education	3

Select three (3) units from the following:

		Units
DANCE9	Dance Conditioning	1
DANCE10	Modern Dance	1
DANCE14	Beginning Jazz Dance	1
PE1	Adapted Physical Education	1
PE2	Aerobics (Dance, Step or Water)	1
PE4	Badminton	1
PE5	Basketball	1
PE5B	Intermediate Basketball	1
PE6	Fitness and Health	1
PE7	Golf	1
PE8	Martial Arts/Self Defense	1
PE10	Racquetball	1
PE12	Beginning Swim for Fitness	1
PE12B	Intermediate Swim for Fitness	1
PE12C	Advanced Swim for Fitness	1
PE13	Tennis	1
PE14	Volleyball	1
PE15	Weight Training	1
PE15B	Advanced Weight Training	1
PE16	Fitness Walking	1
PE18	Floor Exercises	1
PE19	Weight Training and Aerobics	1
PE19B	Advanced Weight Training and Aerobics	1
PE29	Yoga	1
PE30B	Competitive Baseball	3
PE30C	Off-Season Conditioning for Baseball	1
PE30D	Baseball Training	3
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
PE36B	Competitive Soccer	3
PE36C	Off-Season Conditioning for Soccer	1
PE37B	Competitive Softball	3
PE37C	Off-Season Conditioning for Softball	1
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	3
PE40C	Off-Season Conditioning for Volleyball	1
PE43B	Competitive Swimming and Diving	3
PE43C	Off-Season Conditioning for Swimming	1
PE45	Performance Training and Conditioning Techniques for Intercollegiate Athletics	1 - 2
PE49	Weight Training for Collegiate Athletes	1
PE49A	Beginning Circuit Training	1
PE71	Soccer	1

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

Units

Total Units

18

Effective Term: Fall 2017

PID 678