

2023 - 2024

## Physical Education Associate in Arts Degree

Complete the following program of study (Major C.4200.AA). Major requirements (18 units minimum).

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, racket sports, and fitness activities like weight training and aerobic dance.

### Program Learning Outcomes:

1. Plan, implement, practice, and measure appropriate fitness activities which promote improved levels of muscular strength and endurance, cardio-respiratory endurance, flexibility, and body composition.
2. Acquire skills and/or knowledge of skill sets, demonstrate basic knowledge of rules and/or terminology, and identify necessary equipment for specific physical activities.
3. Recognize the relationship between physical activity and physical wellness.
4. Recognize the impact of physical activity has on cognitive functioning and/or emotional wellness.
5. Recognize the social and financial implications of inadequate physical activity

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_ Date: \_\_\_\_\_

### Course Overview and Selection

#### Required Core:

Course	Course Description	Units	Completed	In Progress	Planned
<b>BIOL 5</b>	Human Biology	4			

Complete a minimum of eight units from the following:

Course	Course Description	Units	Completed	In Progress	Planned
<b>BIOL 20</b>	Human Anatomy	4			
<b>BIOL 22</b>	Human Physiology	5			
<b>CHEM 3A</b>	Introductory General Chemistry	4			
<b>CHEM 10</b>	Elementary Chemistry	4			
<b>FN 35</b>	Nutrition and Health	3			
<b>FN 40</b>	Nutrition	3			
<b>HLTH 1</b>	Contemporary Health Issues	3			
<b>HLTH 2</b>	First Aid and Safety	2			
<b>KINES 22</b>	Introduction to Physical Education	3			

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Select three units from the following:

Course	Course Description	Units	Completed	In Progress	Planned
<b>DANCE 9</b>	Dance Conditioning	<b>1</b>			
<b>DANCE 10</b>	Modern Dance	<b>1</b>			
<b>DANCE 12A</b>	Ballet	<b>1</b>			
<b>DANCE 14</b>	Beginning Jazz Dance	<b>1</b>			
<b>DANCE 15</b>	Intermediate Jazz Dance Technique	<b>1</b>			
<b>DANCE 28</b>	Intermediate Modern Dance Technique	<b>1</b>			
<b>PE 6</b>	Fitness and Health	<b>1</b>			
<b>PE 7</b>	Golf	<b>1</b>			
<b>PE 12</b>	Beginning Swim for Fitness	<b>1</b>			
<b>PE 12B</b>	Intermediate Swim for Fitness	<b>1</b>			
<b>PE 14</b>	Volleyball	<b>1</b>			
<b>PE 15</b>	Weight Training	<b>1</b>			
<b>PE 15B</b>	Advanced Weight Training	<b>1</b>			
<b>PE 16</b>	Fitness Walking	<b>1</b>			
<b>PE 19</b>	Weight Training and Aerobics	<b>1</b>			
<b>PE 29</b>	Yoga	<b>1</b>			
<b>PE 32B</b>	Competitive Cross Country	<b>3</b>			
<b>PE 32C</b>	Off-season Conditioning for Cross Country	<b>1</b>			
<b>PE 36B</b>	Competitive Soccer	<b>3</b>			
<b>PE 36C</b>	Off-season Conditioning for Soccer	<b>1</b>			
<b>PE 36D</b>	Athletic Recovery	<b>0.5</b>			
<b>PE 39B</b>	Competitive Track & Field	<b>3</b>			
<b>PE 43B</b>	Competitive Swimming and Diving	<b>3</b>			
<b>PE 43C</b>	Off-Season Conditioning for Swimming	<b>1</b>			
<b>PE 45</b>	Performance Training and Conditioning Techniques for Intercollegiate Athletics	<b>1-2</b>			
<b>PE 49</b>	Weight Training for Collegiate Athletes	<b>1</b>			
<b>PE 49A</b>	Beginning Circuit Training	<b>1</b>			
<b>PE 71</b>	Soccer	<b>1</b>			

Notes:

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

Comments: