

2025 - 2026

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
BIOL 5	Human Biology	4			

Complete a minimum of eight units from the following:

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

Continued on next page

Select three units from the following:

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

Notes:

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

Comments:

Faculty Advisors: Albertson & Ramirez