

# PHYSICAL EDUCATION, ASSOCIATE OF ARTS (AA): ATHLETIC/PERSONAL FITNESS TRAINING EMPHASIS

## Overview

The degree emphasis in Athletic/Personal Fitness Training prepares students to transfer to a four-year university and major in kinesiology, with an emphasis in Athletic Training or Sports Medicine. The practicum hours completed may count toward certification as an athletic trainer.

## Requirements

### Associate Degree Graduation Requirements

Complete all of the following:

- All Department Requirements listed below with a "C" or better or "P" in each course (at least 20% of the department requirements must be completed through SBCC).
- One of the following three General Education options:
  - OPTION 1: A minimum of 18 units of SBCC General Education Requirements (<https://catalog.sbccc.edu/degrees-certificates-awards/#associateddegreestext>) (Areas A-D) and Institutional Requirements (Area E) and Information Competency Requirement (Area F) OR
  - OPTION 2: IGETC (<https://catalog.sbccc.edu/transfer-curricula/#igetctext>) Pattern OR
  - OPTION 3: CSU GE Breadth (<https://catalog.sbccc.edu/transfer-curricula/#csugebtext>) Pattern
- A total of 60 degree-applicable units (SBCC courses numbered 100 and higher).
- Maintain a cumulative GPA of 2.0 or better in all units attempted at SBCC.
- Maintain a cumulative GPA of 2.0 or better in all college units attempted.
- A minimum of 12 units through SBCC.

Code	Title	Units
<b>Department Requirements</b>		
BMS 107	Human Anatomy	4
BMS 108	Human Physiology	4
BMS 128	Human Nutrition	3
HE 103	Responding to Medical Emergencies	3
HE 104	Introduction to Athletic Injuries	3
HE 108	Advanced Assessment And Treatment Of Athletic Injuries	3
HE 213	Concepts in Health and Physical Fitness	3
HE 220	Fundamentals Of Exercise Testing And Fitness Instruction	3
PE 200	Introduction to Kinesiology	3

PE 290	Work Experience in Physical Education/Health Education	1-4
or PE 295	Internship in Physical Education/Health Education	
Complete 6-8 units of Controlled Electives from the following:		6-8
CHEM 101	Introductory Chemistry	
or CHEM 104	Fundamentals Of General, Organic And Biological Chemistry	
PHYS 101	Conceptual Physics	
PSY 100	General Psychology	
or PSY 100H	General Psychology, Honors	
Complete 3 courses of Controlled Physical Education Activities from the following: <sup>1</sup>		
PE 143A	Integrated Training: Beginning	1.5
Aerobic Conditioning - Complete one from the following:		1.5
PE 106A	Beginning Spinning For Fitness	
PE 112A	Body Conditioning Boot Camp: Beginning	
PE 134A	Swimming For Conditioning: Beginning	
PE 138A	Beginning Cardio Boxing	
PE 148A	Beginning Walking/Jogging for Fitness	
PE 148B	Intermediate Walking/Jogging for Fitness	
PE 220A	Ocean Swimming: Beginning	
PE 226	Running for Conditioning	
Flexibility - Complete one from the following:		1.5
PE 139	Pilates Mat Fitness	
PE 146	Stretching and Relaxation	
PE 176A	Beginning Fitness Yoga	
PE 176B	Intermediate Fitness Yoga	
<b>Total Units</b>		<b>40.50-45.50</b>

<sup>1</sup> PE 143 is required along with one course from the aerobic conditioning group and one from the flexibility group.

## Learning Outcomes

- Articulate the differences between Physical Education and Athletics.
- Recognize the potential for service to the individual, community and society provided by Physical Education and Athletics.
- Demonstrate knowledge of functional anatomy, physiology and biomechanics, and properly demonstrate proficiency in a variety of physical activity skills.
- Explain the appropriate course of treatment for each of the most common sports injuries.
- Identify the factors that contribute to an evaluation of an injury and determine the treatment plan for safe return to sport participation.
- Demonstrate and implement rehabilitative exercises appropriate to each sport.
- Assess motivational readiness for client exercise and develop effective strategies for health behavior change consistent with the stages of the Transtheoretical Model of motivational readiness.
- Develop appropriate physical training programs for children, adults and special needs populations, based on demonstrated knowledge

of coronary risk factor analysis and exercise prescription standards defined by NASM / ACSM.

9. Administer appropriate practical physical fitness and muscular balance assessments.
10. Demonstrate academic competencies sufficient to pass professional certification exams consistent with entry-level positions in the health and fitness industry.
11. Demonstrate effective communication skills to lead individual and group fitness training sessions.

## **Recommended Sequence**

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment ([http://www.sbcc.edu/starfish/howtos/starfish\\_appt\\_how\\_to.pdf](http://www.sbcc.edu/starfish/howtos/starfish_appt_how_to.pdf)).