

PHYSICAL EDUCATION, ASSOCIATE OF ARTS (AA)

Overview

Physical education is a study of the processes through which individuals obtain optimal health, physical skill, and fitness. The physical educator, whether in a laboratory, school, medical or business setting, is ultimately concerned with improving the individuals health and well-being. Santa Barbara City College offers three areas of emphasis within the field of Physical Education: Exercise Science, Athletic Training, and Dance.

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/#associatedegree>) (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
Department Requirements		
BIOL 100	Concepts Of Biology	4
BMS 107	Human Anatomy	4
BMS 108	Human Physiology	4
CHEM 101 or CHEM 104	Introductory Chemistry Fundamentals Of General, Organic And Biological Chemistry	4
HE 101	Personal Health Awareness	3
HE 103	Responding to Medical Emergencies	3
HE 104	Introduction to Athletic Injuries	3
HE 213	Concepts in Health and Physical Fitness	3
PE 200	Introduction to Kinesiology	3
Controlled Physical Education Activities		
Aquatics:		
Complete one course from the following:		1.5
PE 132A	Novice Swimming	

PE 132B	Beginning Swimming	
PE 132C	Intermediate Swimming	
PE 133	Ocean Kayaking	
PE 134A	Swimming For Conditioning: Beginning	
PE 137	Beginning Surfing	
PE 220A	Ocean Swimming: Beginning	
Fitness/Cardiovascular:		
Complete one course from the following:		0.5-2.0
PE 106A	Beginning Spinning For Fitness	
PE 106B	Intermediate Spinning For Fitness	
PE 112A	Body Conditioning Boot Camp: Beginning	
PE 138A	Beginning Cardio Boxing	
PE 138B	Intermediate Cardio Boxing	
PE 138C	Advanced Cardio Boxing	
PE 139	Pilates Mat Fitness	
PE 143A	Integrated Training: Beginning	
PE 144A	Weight Training: Beginning	
PE 144B	Weight Training: Intermediate	
PE 144C	Weight Training: Advanced	
PE 146	Stretching and Relaxation	
PE 147A	Conditioning for Intercollegiate Athletes	
PE 147B	Conditioning for Intercollegiate Athletes	
PE 147C	Conditioning for Intercollegiate Athletes	
PE 147D	Conditioning for Intercollegiate Athletes	
PE 148A	Beginning Walking/Jogging for Fitness	
PE 148B	Intermediate Walking/Jogging for Fitness	
PE 149	Life Fitness	
PE 166	Life Fitness - Strength Training	
PE 168	Women's Fitness And Weight Training	
PE 169	Life Fitness - Weight Training for Power	
PE 176A	Beginning Fitness Yoga	
PE 176B	Intermediate Fitness Yoga	
PE 177	Life Fitness - Weight Management	
PE 179	Life Fitness - Super Circuit Training	
PE 195	Life Fitness - Functional Fitness Training	
PE 196	Myofascial Release Techniques in Exercise	
PE 224	Triathlon	
Dance:		
Complete one course from the following:		1.5
PE 150A	Beginning Ballet	
PE 150B	Intermediate Ballet	
PE 150C	Advanced Ballet	
PE 151A	Beginning Jazz Dance	

PE 151B	Intermediate Jazz Dance
PE 152A	Beginning Modern Dance Technique
PE 152B	Intermediate Modern Dance Technique
PE 152C	Advanced Modern Dance Technique
PE 153	Dance Concert
PE 156	Beginning Social Ballroom Dance
Combatives:	
Complete one course from the following: 1.0-1.5	
PE 162A	Beginning Karate
PE 163	Beginning Self-Defense
PE 164	Self-Defense for Women
Team Sports:	
Complete three courses from the following: 4.5	
PE 120A	Beginning Baseball
PE 120B	Intermediate Baseball
PE 120C	Advanced Baseball
PE 121A	Beginning Basketball
PE 121B	Intermediate Basketball
PE 121C	Advanced Basketball
PE 122A	Beginning Flag Football
PE 122B	Intermediate Flag Football
PE 122C	Advanced Flag Football
PE 124A	Beginning Soccer
PE 124B	Intermediate Soccer
PE 124C	Advanced Soccer
PE 125A	Beginning Softball
PE 125B	Intermediate Softball
PE 125C	Advanced Softball
PE 126A	Beginning Beach Volleyball
PE 126B	Intermediate Beach Volleyball
PE 126C	Advanced Beach Volleyball
PE 127A	Beginning Volleyball
PE 127B	Intermediate Volleyball
PE 127C	Advanced Volleyball
PE 219A	Beginning Water Polo
PE 219B	Intermediate / Advanced Water Polo
Individual Sports:	
Complete two courses from the following: 3	
PE 101A	Beginning Badminton
PE 101B	Intermediate Badminton
PE 103A	Beginning Golf
PE 103B	Intermediate Golf
PE 109A	Beginning Tennis
PE 109B	Intermediate Tennis
PE 109C	Advanced Tennis
PE 226	Running for Conditioning

Total Units **43.00-45.00**

Learning Outcomes

The general degree in Physical Education is intended for individuals who wish to obtain entry-level positions in health clubs, the YMCA,

youth sports organizations or camps. This degree will also help prepare students to transfer into a kinesiology program at a four-year university.

1. Articulate the differences between Physical Education and Athletics.
2. Recognize the potential for service to the individual, community and society provided by Physical Education and Athletics.
3. Describe the role of PE/Kinesiology as an academic discipline and its role in health promotion and disease prevention.
4. Demonstrate knowledge of functional human anatomy, physiology and biomechanics, and demonstrate proficiency in a variety of physical activity skills.
5. Develop appropriate physical training programs for adults based on demonstrated knowledge of coronary risk factor analysis, exercise prescription and nutritional guidelines established by industry standards

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).