PHYSICAL EDUCATION, ASSOCIATE OF ARTS (AA)

Requirements

Associate Degree Graduation Requirements

Complete all of the following:

1. 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).
2. One of the following three General Education options:
   a. OPTION 1: A minimum of 18 units of SBCC General Education Requirements (https://drive.google.com/file/d/1SS7izg0uBqzLTLZqAsJ6_lSGeOOn0oWu_/view?usp=sharing) (Areas A-D) and Institutional Requirements (Area E) and Information Competency Requirement (Area F) OR
   b. OPTION 2: IGETC (https://drive.google.com/file/d/1SS7izg0uBqzLTLZqAsJ6_lSGeOOn0oWu_/view?usp=sharing) Pattern OR
3. A total of 60 degree-applicable units (SBCC courses numbered 100 and higher).
4. Maintain a cumulative GPA of 2.0 or better in all units attempted at SBCC.
5. Maintain a cumulative GPA of 2.0 or better in all college units attempted.
6. A total of 12 units through SBCC.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Concepts Of Biology</td>
<td>4</td>
</tr>
<tr>
<td>BMS 107</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BMS 108</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 101</td>
<td>Introductory Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>or CHEM 104</td>
<td>Fundamentals Of General, Organic And Biological Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>HE 101</td>
<td>Personal Health Awareness</td>
<td>3</td>
</tr>
<tr>
<td>HE 103</td>
<td>Responding to Medical Emergencies</td>
<td>3</td>
</tr>
<tr>
<td>HE 104</td>
<td>Introduction to Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>HE 213</td>
<td>Concepts in Health and Physical Fitness</td>
<td>3</td>
</tr>
<tr>
<td>PE 200</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

Controlled Physical Education Activities

Aquatics:
Select 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:
Select 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:
Select 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
Physical Education, Associate of Arts (AA)

PE 153  Dance Concert
PE 156  Beginning Social Ballroom Dance

Combatives:
Select 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:
Select 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:
Select 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).