

PHYSICAL EDUCATION (A.A.)

ASSOCIATE OF ART

An Associate in Arts degree in Physical Education provides students with an introductory knowledge of the fundamental principles of Physical Education, Physical Activity, Sport, and Exercise, as well as the application of these principles to overall health, wellness, and quality of life. Students also may gain knowledge leading to employment in parks and recreation, fitness, and coaching. Additionally, the degree provides the skills necessary to pursue upper division coursework at a four-year level and the courses are consistent with the transfer requirements.

Program Student Learning Outcomes

- Students demonstrate the four major strokes used in competitive swimming.
- Students differentiate the various academic discipline within the field of physical education.
- Students evaluate a basic performance in individual team sports.
- Students identify the elements of a comprehensive fitness plan.
- Students recognize rules and strategies for various individual and team sports.

Program Requirements

Code Number	Course Title	Units
Required Core		
KIN 100	Introduction to Kinesiology	3.0
KIN 102	Introduction to Athletic Training	3.0
KIN 104	Fitness and Wellness	3.0
KIN 110	Community First Aid and CPR	3.0
or HED 110	Community First Aid and CPR	
Select one of the following:		4.0-10.0
A&P 120	Introduction to Human Anatomy and Physiology	
A&P 150 & A&P 151	Introduction to Human Anatomy and Introduction to Human Physiology ¹	
A&P 200 & A&P 201	Human Anatomy and Human Physiology ¹	
Required Activity Courses		6.0
Select 6 units of the following:		
Activity courses must include at least 1 (one) unit from each of the following 5 (five) areas, for a total of 6 (six) units.		
Aerobic Fitness		
PEX 100A	Adapted Independent Exercise (1)	
PEX 102	Adapted Cardiovascular Exercises (1)	
PEX 109	Adapted Group Fitness (1)	
PEX 110	Aerobic Activities (1)	
PEX 111	Low Impact Aerobics (1.5)	
PEX 112	Step Aerobics (1.5)	
PEX 113	Zumba (1)	
PEX 116	Water Aerobics (1)	
PEX 117	Aqua Zumba (1)	
PEX 118	Triathlon Basics (1)	
PEX 119	Basic Training and Physical Conditioning (1)	
PEX 120	Cardio Kickboxing (1.5)	

PEX 121	High-Intensity Interval Training (1.5)
PEX 122	Cross Training and Fitness Conditioning
PEX 124	Personal Fitness Program (1.5)
PEX 126	Physical Fitness Training (1.5)
PEX 132	Indoor Cycling (1)
PEX 138	Walking for Fitness (1)
PEX 139	Walking/Jogging for Fitness (1)
PEX 140	Jogging, Basics (1)
PEX 141	Jogging for Fitness, Beginning (1)
PEX 142	Group Treadmill and Cardio Machine Training (1)
PEX 240	Jogging for Fitness, Intermediate (1)

Fitness

PEX 103	Adapted Strength Training (1)
PEX 103A	Adapted Circuit Weight Training (1)
PEX 104	Adapted Stretching and Relaxation (1)
PEX 130	Weight Management (1)
PEX 134	Body Sculpting (1)
PEX 135	Ropes, Bands, and Suspension Training (1)
PEX 136	Stretching and Relaxation (1)
PEX 137	Cardio Barre Conditioning (1)
or DANC 104	Cardio Barre Conditioning
PEX 145	Circuit Weight Training, Beginning (1)
PEX 151	Yoga (1)
PEX 152	Gentle Yoga (1)
PEX 153	Meditative – Yoga and Stress Reduction (1)
PEX 155	PiYo Introduction to Pilates and Yoga (1)
PEX 156	Pilates Conditioning (1)
PEX 157	Dance Conditioning and Alignment (1)
or DANC 103	Dance Conditioning and Alignment
PEX 245	Circuit Weight Training, Intermediate/Advanced (2)
PEX 246	Olympic Weights-Power Lifting (2)

Aquatics²

PEX 105	Adapted Swimming (1)
PEX 106	Adapted Aquatic Exercise (1)
PEX 106A	Adapted Aquatic Group Fitness (1)
PEX 184	Swimming, Novice (1)
PEX 185	Swimming, Beginning (1)
PEX 186	Water Polo (2)
PEX 284	Swimming, Intermediate (2)
PEX 285	Swimming, Advanced (2)

Team Activities³

PEX 101	Wheelchair Activities (1)
PEX 107	Adapted Team Sports (1)
PEX 107A	Adapted Soccer (1)
PEX 161	Badminton, Beginning (1)
PEX 162	Badminton Fitness and Technique Training (1.5)
PEX 163	Baseball, Beginning (1)
PEX 165	Basketball, Novice (1)
PEX 166	Basketball, Beginning (1)
PEX 170	Pep Unit (2)

PEX 171	Cheerleading (2)
PEX 172	Flag Football (1)
PEX 177	Futsal-Indoor Soccer (1)
PEX 178	Soccer, Beginning (1)
PEX 181	Softball, Beginning (1)
PEX 191	Volleyball, Introduction (1)
PEX 192	Volleyball, Beginning (1)
PEX 261	Badminton, Intermediate/Advanced (2)
PEX 263	Baseball, Intermediate/Advanced (2)
PEX 265	Basketball, Intermediate (2)
PEX 266	Basketball, Advanced (2)
PEX 271	Stunting, Acrobatics, and Tumbling (2)
PEX 272	Football, Intermediate/Advanced (2)
PEX 278	Soccer, Intermediate/Advanced (2)
PEX 281	Softball, Intermediate/Advanced (2)
PEX 282	Competitive Slow Pitch Softball (1)
PEX 291	Volleyball, Intermediate (2)
PEX 292	Volleyball, Advanced (2)
Individual Activities	
PEX 100	Fitness for Student's with Disabilities (1)
PEX 104D or DANC 102	Introduction to Adaptive Dance
PEX 108	Adapted Individual Sports (1)
PEX 147	Personal Self Defense (1)
PEX 148	Brazilian Jiu Jitsu (1)
PEX 148C	Brazilian Jiu Jitsu, Conditioning (1)
PEX 149	Tae Kwon Do, Beginning (1.5)
PEX 150	Mixed Martial Arts (1)
PEX 167	Bowling, Beginning (1)
PEX 176	Golf, Beginning (1)
PEX 188	Tennis, Introduction (1)
PEX 189	Tennis, Beginning (1)
PEX 194	Wrestling, Beginning (1)
PEX 248	Brazilian Jiu Jitsu, Intermediate (2)
PEX 249	Tae Kwon Do, Intermediate/Advanced (2)
PEX 267	Bowling, Intermediate/Advanced (2)
PEX 276	Golf, Intermediate/Advanced (2)
PEX 288	Tennis, Intermediate (2)
PEX 289	Tennis, Advanced (2)
DANC 102 or PEX 104D	Introduction to Adaptive Dance (1)
DANC 105	Introduction to Dance Movement (3)
DANC 106A	Beginning Ballet (2)
DANC 106B	Intermediate Ballet (2)
DANC 106C	Advanced Ballet (2)
DANC 108A	Dance, Modern, Beginning (2)
DANC 108B	Dance, Modern, Intermediate (2)
DANC 108C	Dance, Modern Advanced (2)
DANC 109	Introduction to Dance Cultures of the World (2)
DANC 110	Commercial Dance Foundations (2)
DANC 112	Contemporary Dance (2)

DANC 115	Liturgical Dance (2)
DANC 121	Latin Social Dance (2)
DANC 122	Middle Eastern Dance (2)
DANC 123	African Dance (2)
DANC 124	Hip Hop Dance I (2)
DANC 125	Introduction to Ballroom Dance (2)
DANC 126	Hip Hop Dance II (2)
DANC 127	Ballet Folklorico (2)
DANC 128	Latin Dance Performance (2)
DANC 129	Heels Dance Class (2)
DANC 130	Dance Improvisation (2)

PE Electives**Select a minimum of 3 units from the following: 3.0**

KIN 120	Sports Officiating for Football (1)
KIN 121	Sports Officiating for Men's and Women's Basketball (1)
KIN 122	Sports Officiating for Baseball (1)
KIN 123	Sports Officiating for Men's and Women's Track and Field (1)
KIN 130	Theory of Coaching (3)
KIN 131	Theory of Coaching Baseball (2)
KIN 132	Theory of Coaching Softball (2)
KIN 108 or WGS 108	Women in Sports (3)
KIN 200	Sports Psychology (3)
KIN 202	Measurement and Interpretation of Fitness (3)
KIN 203	Programs and Principles of Conditioning (3)
KIN 205	Anatomical Movement Analysis (3)
KIN 206A	Lower Extremity Injury Assessment and Reconditioning (2)
KIN 206B	Upper Extremity Injury Assessment and Reconditioning (2)
KIN 207	Athletic Injury Taping, Bandaging and Immobilization (1)
KIN 211	Sport Management (3)
HED 200	Nutrition for Health, Fitness and Wellness (3)
DANC 100	Dance Appreciation (3)
DANC 101	History of Dance (3)
DANC 132	Dance and Technology (3)
DANC 138	Dance Teaching Methods (3)

Total Units 25-31

¹ (A&P 150 & 151 or A&P 200 & AP 201 recommended for transfer students)

² Participation in Intercollegiate Swimming or Water Polo will satisfy this requirement

³ Participation in Intercollegiate Athletics excluding swimming and water polo will fulfill this requirement

ASSOCIATE OF ARTS DEGREE REQUIREMENTS

In order to qualify for an A.A. degree in Physical Education the following requirements must be met:

1. Completion of the A.A. degree general education and proficiency requirements;
2. Completion of a minimum of 60-degree applicable units;
3. Completion of at least 25 units of physical education coursework from the following;
 - a. Required Core Courses (16/20/22 units)
 - b. Required Activity Courses (6 units)
 - c. Required PEX Elective Courses (3 units)

Recommended General Education Electives

Code Number	Course Title	Units
PSYC 101	General Introductory Psychology	3.0
HED 100	Contemporary Health Problems	3.0
SOC 101	Introductory Sociology Principles	3.0