Program Learning Outcomes: After completing the Physical Education major a student will be able to:

- list and describe five career options available in the field of physical education.
- explain the importance of lifetime fitness in today’s society.
- discuss the concentration area (option) that is their major emphasis of study.
  a. History
  b. Role within the work setting
  c. Skill demonstration if appropriate (athletic training)
- select a sport and explain an appropriate tournament format or describe the basic skills required to participate in that sport.

Students completing the major will have satisfied requirements for Biological Science List 1 and the Physical Education Activity classes in the general education requirements for the A.A. degree.

**HE 1 can be used to satisfy general education and the major requirements.**

Education Option  **A.A. Degree**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>AH 30</td>
<td>Standard First Aid and Cardiopulmonary Resuscitation</td>
<td>2</td>
</tr>
<tr>
<td>PE 2</td>
<td>Introduction to Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PE 3</td>
<td>Introduction to Athletic Training</td>
<td>4</td>
</tr>
<tr>
<td>PE 5</td>
<td>Individual and Dual Sports</td>
<td>3</td>
</tr>
<tr>
<td>BIO 15*</td>
<td>Survey of Anatomy and Physiology</td>
<td>5</td>
</tr>
</tbody>
</table>

Choose one of the following:

- PE 1  Orientation for Student Athlete Success  *(1 unit)*
- PE 6  Games and Rhythms for Children  *(3 units)*
- PE 7  Theory of Sports Management  *(3 units)*
- PE 9  Fundamentals of Soccer  *(2 units)*
- PE 10  Fundamentals of Softball  *(2 units)*
- PE 11  Fundamentals of Baseball  *(2 units)*
- PE 12  Fundamentals of Football  *(2 units)*
- PE 13  Fundamentals of Volleyball  *(2 units)*
- PE 14  Fundamentals of Basketball  *(2 units)*
- HE 1**  Health Education  *(3 units)*

................................................................. 1-3 units

Physical Education Activity Courses -
A minimum of 8 units from at least 5 different activities (may include Intercollegiate Athletics). ................................................ 8 units

Total Units Required for Major:  26-28 UNITS

Plus completion of general education requirements  ......................... units vary

Total Units Required for A.A.: minimum of 60 UNITS

Students completing the major will have satisfied requirements for Biological Science List 1 and the Physical Education Activity classes in the general education requirements for the A.A. degree.

**Career Options:** sports medicine, coaching, athletic trainer, physical education instructor, personal trainer/fitness specialist.

* Will satisfy majors prerequisite at most 4-year institutions. Students planning to transfer should consult with a counselor.

**HE 1 can be used to satisfy general education and the major requirements.**
**Sports Management Option**  
**A.A. Degree**

<table>
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<tbody>
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<td>PE 3</td>
<td>Introduction to Athletic Training</td>
<td>4 units</td>
</tr>
<tr>
<td>PE 5</td>
<td>Individual and Dual Sports</td>
<td>3 units</td>
</tr>
<tr>
<td>PE 7</td>
<td>Theory of Sports Management</td>
<td>3 units</td>
</tr>
</tbody>
</table>

Choose one of the following:
- **PE 1** Orientation for Student Athlete Success *(1 unit)*
- **PE 6** Games and Rhythms for Children *(3 units)*
- **PE 9** Fundamentals of Soccer *(2 units)*
- **PE 10** Fundamentals of Softball *(2 units)*
- **PE 11** Fundamentals of Baseball *(2 units)*
- **PE 12** Fundamentals of Football *(2 units)*
- **PE 13** Fundamentals of Volleyball *(2 units)*
- **PE 14** Fundamentals of Basketball *(2 units)*
- **HE 1** Health Education *(3 units)* *(1-3 units)*

Physical Education Activity Courses:
A minimum of 8 units from at least 5 different activities (may include Intercollegiate Athletics) 8 units

**Total Units Required for Major:** 24-26 UNITS

**Plus completion of general education requirements** *(units vary)*

**Total Units Required for A.A.:** minimum of 60 UNITS

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**Sports Medicine Option**  
**A.A. Degree**

<table>
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</tr>
<tr>
<td>BIO 15*</td>
<td>Survey of Anatomy and Physiology</td>
<td>5 units</td>
</tr>
</tbody>
</table>

Choose one of the following:
- **PE 1** Orientation for Student Athlete Success *(1 unit)*
- **PE 3A** Athletic Training Field Experience *(2 units)*
- **PE 6** Games and Rhythms for Children *(3 units)*
- **PE 7** Theory of Sports Management *(3 units)*
- **PE 9** Fundamentals of Soccer *(2 units)*
- **PE 10** Fundamentals of Softball *(2 units)*
- **PE 11** Fundamentals of Baseball *(2 units)*
- **PE 12** Fundamentals of Football *(2 units)*
- **PE 13** Fundamentals of Volleyball *(2 units)*
- **PE 14** Fundamentals of Basketball *(2 units)*
- **HE 1** Health Education *(3 units)* *(1-3 units)*

Physical Education Activity Courses:
A minimum of 8 units from at least 5 different activities (may include Intercollegiate Athletics) 8 units

**Total Units Required for Major:** 26-28 UNITS

**Plus completion of general education requirements** *(units vary)*

**Total Units Required for A.A.:** minimum of 60 UNITS

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Students completing the major will have satisfied requirements for the Physical Education Activity classes in the general education requirements for the A.A. degree.

**Career Options:** Working with professional sports teams and college sports teams, sports management specialist

* HE 1 can be used to satisfy general education and the major requirements.

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Students completing the major will have satisfied requirements for Biological Science List 1 and the Physical Education Activity classes in the general education requirements for the A.A. degree.

**Career Options:** sports medicine, coaching, athletic trainer, physical education instructor, personal trainer/fitness specialist

* Will satisfy majors prerequisite at most 4-year institutions. Students planning to transfer should consult with a counselor.

**HE 1** can be used to satisfy general education and the major requirements.