

PHYSICAL EDUCATION

A.A. Degrees

Education Option
Sports Management Option
Sports Medicine Option

Contact:
(408) 848-4876
pe@gavilan.edu

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.



Education Option *A.A. Degree*

AH 30	Standard First Aid and Cardiopulmonary Resuscitation2 units
PE 2	Introduction to Physical Education3 units
PE 3	Introduction to Athletic Training4 units
PE 5	Individual and Dual Sports3 units
BIO 15*	Survey of Anatomy and Physiology5 units

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*

AH 30	Standard First Aid and Cardiopulmonary Resuscitation	.2 units
PE 2	Introduction to Physical Education	.3 units
PE 3	Introduction to Athletic Training	.4 units
PE 5	Individual and Dual Sports	.3 units
PE 7	Theory of Sports Management	.3 units

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

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.

Sports Medicine Option *A.A. Degree*

AH 30	Standard First Aid and Cardiopulmonary Resuscitation	.2 units
PE 2	Introduction to Physical Education	.3 units
PE 3	Introduction to Athletic Training	.4 units
PE 5	Individual and Dual Sports	.3 units
BIO 15*	Survey of Anatomy and Physiology	.5 units

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

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.