

PHYSICAL EDUCATION AND ATHLETICS

A.A. Degrees

Education Option*

Sports Management Option*

Sports Medicine Option*

* These degree options are pending Chancellor's Office approval. Please see a Gavilan counselor or check the college website for current status. Refer to page 64.

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The Physical Education & Athletics Department provides opportunities for students to participate in activity classes, pursue a professional career, transfer and compete in intercollegiate athletics. A variety of activity courses are offered to meet the interest and needs of all students as they fulfill the general education requirements, physical education graduation requirements, or their desire to maintain lifetime fitness.

An Associate of Arts Degree with three options of study, Education, Sports Management and Sports Medicine, is available. The A.A. degree can be obtained by completing a total of 61-69 units, including the 24-28 unit major general education requirements and electives. This program is also designed to allow students to transfer into baccalaureate programs in physical education or related areas.

Professional fields include teaching, coaching, athletic training, physical therapy, exercise physiology, motor learning, sports management, sports psychology, and personal fitness trainer. These careers would involve employment with educational institutions, commercial health clubs and other private and public fitness and sports centers, working in recreation departments, and working with sports teams.

Gavilan College offers a variety of intercollegiate sports for men and women. We compete in the Coast Conference which is a member of the California Community College Athletic Association. Students participate for a variety of reasons, including the desire to compete at the intercollegiate level and for the opportunity to earn an academic or athletic scholarship to a 4-year level college or university.

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

- ▶ List and describe 5 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. This will include the history, role within the work setting, and skill demonstration where appropriate (athletic training and CPR).
- ▶ Select a sport and explain an appropriate tournament format or describe the basic skills required to participate in that sport.
- ▶ Apply selected motor development skills to the structures of the human body.



Photo courtesy of the Gavilan Press





Education Option *A.A. Degree**

AH 32	Basic Cardiac Life Support	1 unit
AH/BIO 15*	Survey of Anatomy and Physiology	.5 units
HE 1	Health Education	.3 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

Choose one of the following:

PE 1	Orientation for Student Athlete Success (1 unit)	
CD/PE 6	Games and Rhythms for Children (3 units)	
PE 7	Theory of Sports Management (3 units)	
PE 8	Psychology of Coaching (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)	
	1-3 units

Physical Education Activity Courses -

A minimum of 6 units from at least 4 different activities (may include Intercollegiate Athletics) 6 units

Total Units Required for Major: 26-28 UNITS

Plus completion of general education requirements: units vary

Total Units Required: minimum of 60 UNITS

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The Education option is for those students wishing to pursue a degree in teaching and/or coaching. It provides a core set of courses designed to allow individuals to earn an AA Degree or enter a baccalaureate program leading to a teaching credential.

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.

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

NOTE: A course may be used to satisfy both general education and major courses. See "Double Counting Rule" on page 41.

Sports Management Option *A.A. Degree**

AH 32	Basic Cardiac Life Support	1 unit
HE 1	Health Education	3 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)
CD/PE 6	Games and Rhythms for Children (3 units)
PE 8	Psychology of Coaching (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)

..... 1-3 units

Physical Education Activity Courses: A minimum of 6 units from at least 4 different activities (may include Intercollegiate Athletics) 6 units
 Total Units Required for Major: 24-26 UNITS

Plus completion of general education requirements: units vary
 Total Units Required: minimum of 60 UNITS

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The Sports Management option is intended for those students wishing to earn an Associates of Arts Degree and/or transfer to and complete their degree option at a four year university. Career opportunities include working with college sports teams, professional sports teams, corporate and individual health facilities, and in athletic administration.

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

NOTE: A course may be used to satisfy both general education and major courses. See "Double Counting Rule" on page 41.

Sports Medicine Option *A.A. Degree**

AH 32	Basic Cardiac Life Support	1 unit
AH/BIO 15*	Survey of Anatomy and Physiology	5 units
HE 1	Health Education	3 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

Choose one of the following:

PE 1	Orientation for Student Athlete Success (1 unit)
PE 3A	Athletic Training Field Experience (2 units)
CD/PE 6	Games and Rhythms for Children (3 units)
PE 7	Theory of Sports Management (3 units)
PE 8	Psychology of Coaching (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)

..... 1-3 units

Physical Education Activity Courses: A minimum of 6 units from at least 4 different activities (may include Intercollegiate Athletics) 6 units
 Total Units Required for Major: 26-28 UNITS

Plus completion of general education requirements: units vary
 Total Units Required: minimum of 60 UNITS

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The Sports Medicine option is for students wishing to pursue a degree in athletic training, physical therapy, and personal trainer/fitness specialist. The courses are designed to allow individuals to earn an AA Degree or transfer to a four year university to earn a Bachelor's degree.

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.

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

NOTE: A course may be used to satisfy both general education and major courses. See "Double Counting Rule" on page 41.