

PHYSICAL EDUCATION

Physical Education Associate in Arts Degree

Required Core Courses: 20 units

Total Units: 60 units

Course Number	Course Title	Fall	Spring
FIRST YEAR			
BIO 1	[Principles of Biology- recommended preparation for BIO 25 & 26]	4	
HLTH 2	Personal Health	3	
HLTH 25	Understanding Nutrition		3
PE 15	Introduction to Physical Education	3	
PE 27	Care and Prevention of Athletic Injuries		1
	PE Activity Requirements	1	2
	Electives/General Education Requirements	4	9
	Total	15	15
SECOND YEAR			
BIO 25	Human Anatomy and Physiology I	4	
BIO 26	Human Anatomy and Physiology II		4
PE 26	Officiating	2	
	PE Degree Activity Requirements	1	2
	Electives/General Education Requirements	8	9
	Total	15	15

Required Theory of Sports: 6 units

Any six units from the following courses can be used to satisfy this requirement.

	Required Elective Options	Fall	Spring
PE 20I	Theory of Baseball		
PE 21I	Theory of Basketball		
PE 22I	Theory of Volleyball		
PE 23I	Theory of Softball		
PE 24I	Theory of Track and Field		
PE 25I	Theory of Wrestling		

Required Fitness Activities: 2 units

Any two units from the following courses can be used to satisfy this requirement.

	Required Elective Options	Fall	Spring
PEAC 16	Walking for Fitness	1	
PEAC 32A	Low Impact Aerobics	1	1
PEAC 32D	Fitness Center	1	1
PEAC 44	Yoga	1	
PEAC 54	Sports Conditioning	1	1

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(Continued)

Required Individual Activities and Team Sports: 2 units

Any two units from the following courses can be used to satisfy this requirement.

	Required Elective Options	Fall	Spring
PEAC 2A	Men's Varsity Soccer	1	
PEAC 2C	Women's Varsity Soccer	1	
PEAC 3A	Men's Varsity Cross Country	1	
PEAC 3C	Women's Varsity Cross Country	1	
PEAC 5A	Men's Varsity Basketball	1	
PEAC 5C	Women's Varsity Basketball	1	
PEAC 6	Varsity Wrestling	1	
PEAC 7	Varsity Baseball		1
PEAC 8	Varsity Golf	1	
PEAC 9	Women's Varsity Volleyball	1	
PEAC 10	Women's Varsity Softball		1
PEAC 12	Triathlon Training		1
PEAC 14	Bowling	1	
PEAC 20A	Baseball Skills	1	
PEAC 21A	Basketball Skills		1
PEAC 22A	Volleyball Skills		1
PEAC 23A	Softball Skills		1
PEAC 25A	Collegiate Wrestling Skills		1
PEAC 25B	International Wrestling Skills		1
PEAC 31	Racquetball		1
PEAC 34	Golf Skills	1	
PEAC 35A	Soccer Skills		1
PEAC 36	Cross Country Skiing		1
PEAC 37	Alpine Skiing		1
PEAC 38	Snowboarding		1
PEAC 40	Nordic Skiing		1
PEAC 44A	Jazz Dancing	1	

Electives: 12 units

Any College courses numbered 1 – 99, which are not already satisfying required core courses, can be used to satisfy this requirement.

General Education Requirements: 18 units

See a counselor to prepare your educational plan with the latest scheduling information.

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