

Physical Education (A.S.)

Division of Social Sciences — Curriculum Code: 0899

Will Earn Upon Program Completion: Associate in Science (A.S.) Degree

The Physical Education degree program curriculum parallels the first two years of a bachelor's degree program at a four-year college or university. It will also serve as preparation for careers such as the following: teacher of health and physical education, recreation director, private fitness center administrator, and personal trainer/coach.

Program Requirements

GENERAL EDUCATION REQUIREMENTS

Written & Oral Communication (6 credits)

[ENG 101](#) (3 credits)

[ENG 102](#) (3 credits)

Quantitative Knowledge & Skills and Scientific Knowledge & Reasoning (12 credits)

Choose one mathematics course and a lab science sequence or two mathematics courses and one lab science course from the following: Mathematics: [MTH 100](#)[MTH 101](#)[MTH 103](#)[MTH 113](#)[MTH 119](#)[MTH 120](#)[MTH 121](#)[MTH 122](#)[MTH 127](#)[MTH 221](#) or [MTH 222](#) (one or two 4-credit courses)

AND

Lab Science: [BIO 101](#) – [BIO 102](#)[BIO 103](#) – [BIO 104](#)[BIO 121](#) – [BIO 122](#)[CHM 101](#) – [CHM 102](#)[CHM 103](#) – [CHM 104](#)[PHY 101](#) – [PHY 102](#)[PHY 103](#) – [PHY 104](#) or [PHY 113](#) – [PHY 114](#) (one or two 4-credit courses)

Society & Human Behavior (6 credits)

Choose two of the following courses: [ANT 101](#)[ANT 105](#)[ECO 101](#)[ECO 102](#)[POL 101](#)[POL 104](#)[PSY 101](#)[PSY 102](#)[PSY 219](#)[SOC 101](#)[SOC 108](#) or [SOC 219](#) (two 3-credit courses)

Humanistic Perspective (6 credits)

Choose one of the following literature courses: [ENG 205](#)[ENG 208](#)[ENG 215](#)[ENG 221](#)[ENG 222](#)[ENG 232](#)[ENG 237](#)[ENG 238](#)[ENG 242](#)[ENG 250](#)[ENG 263](#) or [ENG 264](#) (one 3-credit course)

AND

Choose one of the following art or music courses: [ART 100](#)[ART 101](#)[ART 102](#)[MUS 100](#)[MUS 108](#)[MUS 109](#) or [MUS 117](#) (one 3-credit course)

Historical Perspective (3 credits)

Choose one of the following history courses: [HST 101](#)[HST 102](#)[HST 111](#)[HST 112](#)[HST 121](#)[HST 122](#)[HST 131](#)[HST 132](#)[HST 134](#)[HST 135](#)[HST 136](#)[HST 137](#)[HST 161](#) or [HST 162](#) (one 3-credit course)

MAJOR COURSE REQUIREMENTS

[HLT 101](#) Healthful Living (3 credits)

[PHE 101](#) Introduction to Physical Education (2 credits)

[PHE 115](#) First Aid and Safety (2 credits)

[PHE 119](#) Concepts in Physical Education (2 credits)

Choose any one additional (non-repeated) Physical Education (PHE) course elective (one 1- or 2-credit course)

Choose any seven Physical Education (PHE) *activity* course electives (PHE courses) (seven 1-credit courses)

ADDITIONAL COURSE REQUIREMENTS

[BUS 101](#) Business Organization and Management (3 credits)

Social Science elective – choose any additional (non-repeated) course designated ANT, CJI, EDU, POL, PSY, REL, or SOC (one 3-credit course)

Literature elective – choose any additional (non-repeated) 200-level ENG course (one 3-credit course)

History elective – choose the HST course needed to complete the history sequence (one 3-credit course)

RECOMMENDED SEQUENCE OF COURSES

Total Credits Required for Degree: 62 – 63

First Semester

[ENG 101](#) College Composition I (3 credits)

[PHE 101](#) Introduction to Physical Education (2 credits)

Quantitative Knowledge & Skills or Scientific Knowledge & Reasoning mathematics or lab science requirement (4 credits)

Society & Human Behavior requirement (3 credits)

Physical Education (PHE) activity course elective (1 credit)

Physical Education (PHE) activity course elective (1 credit)

Physical Education (PHE) activity course elective (1 credit)

Second Semester

[ENG 102](#) College Composition II (3 credits)

Quantitative Knowledge & Skills or Scientific Knowledge & Reasoning mathematics or lab science requirement (4 credits)

Quantitative Knowledge & Skills or Scientific Knowledge & Reasoning mathematics or lab science requirement (4 credits)

[PHE 119](#) Concepts in Physical Education (2 credits)

Physical Education (PHE) activity course elective (1 credit)

Physical Education (PHE) activity course elective (1 credit)

Physical Education (PHE) activity course elective (1 credit)

Summer Session

Society & Human Behavior requirement (3 credits)

Humanistic Perspective art or music requirement (3 credits)

Third Semester

HLT 101 Healthful Living (3 credits)

Social Science elective (3 credits)

Humanistic Perspective literature requirement (3 credits)

Historical Perspective requirement (3 credits)

Physical Education (PHE) activity course elective (1 credit)

Fourth Semester

PHE 115 First Aid & Safety (2 credits)

BUS 101 Business Organization and Management (3 credits)

Physical Education (PHE) course elective (1 – 2 credits)

Literature elective (3 credits)

History elective (to complete the history sequence) (3 credits)

NOTES:

(1) The two General Education Integrated Course Goals, Ethical Reasoning & Action and Information Literacy, are both addressed by the required curriculum described above, regardless of specific choices made by the individual student.

(2) This plan assumes the completion of all required developmental courses in Reading, English, and Mathematics as well as other [pre-requisites](#) and [co-requisites](#) for some of the courses, as listed in the Course Descriptions section.