Physical Education Associate of Arts Degree

This program is for students interested in physical education major and in the theoretical aspects of sports activity.

### SUGGESTED PROGRAM COURSE SCHEDULE

<table>
<thead>
<tr>
<th>SEMESTER 1</th>
<th>16-17 UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course</strong></td>
<td>Units</td>
</tr>
<tr>
<td>KINE 300 Intro to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>Elective-suggestion: HEED 300 Health Science</td>
<td>3</td>
</tr>
<tr>
<td>STAT 300 Intro to Prob &amp; Stat Or PSYC 330 Intro Stat for the Beh Sciences</td>
<td>4</td>
</tr>
<tr>
<td>CRC Area II(a) Writing competency</td>
<td>3</td>
</tr>
<tr>
<td>CRC Area I Humanities</td>
<td>3</td>
</tr>
<tr>
<td><strong>Activity Electives:</strong></td>
<td></td>
</tr>
<tr>
<td>FTNS 380 Circuit Weight Training</td>
<td>1</td>
</tr>
<tr>
<td>FTNS 381 Weight Training</td>
<td>1</td>
</tr>
<tr>
<td>FTNS 390 Basic Yoga</td>
<td>1</td>
</tr>
<tr>
<td>FTNS 406 Walking &amp; Jogging</td>
<td>1</td>
</tr>
<tr>
<td>FTNS 440 Swimming</td>
<td>1</td>
</tr>
<tr>
<td>PACT 310 Badminton</td>
<td>1</td>
</tr>
<tr>
<td>TMACT 302 Soccer-outdoor</td>
<td>1</td>
</tr>
<tr>
<td>TMACT 320 Basketball</td>
<td>1</td>
</tr>
<tr>
<td>TMACT 330 Volleyball</td>
<td>1</td>
</tr>
</tbody>
</table>

^You must have passed the prerequisite course(s) with a “C” or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

*(O) = online available (H) = hybrid available

**Career Options/Outlook:** Many career paths can begin with physical education such as Athletic Trainers. Athletic Trainers evaluate and advise individuals to assist recovery from or avoid athletic-related injuries or illnesses or maintain peak physical fitness. May provide first aid or emergency care.

**Career opportunities require more than two years of college study.**

**A sample of reported job titles:**
Assistant Athletic Trainer, Athletic Instructor, Athletic Trainer, Certified Athletic Trainer, Clinical Instructor, Graduate Assistant Athletic Trainer, Head Athletic Trainer, Head Athletic Trainer/Strength Coach, Resident Athletic Trainer, Sports Medicine Coordinator

**Projected job opening in California (2016-2026):**
140

**Projected growth:**
Much faster than average (15% or higher)

**Salary in California:**
Median wage (2017) with advanced degree: $49,720/yr
Source: [https://www.onetonline.org/link/summary/29-9091.00](https://www.onetonline.org/link/summary/29-9091.00)
### SEMESTER 2

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Pre-Reqs^</th>
<th>Semesters offered*</th>
<th>GE Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 305 Intro to Chem</td>
<td>5</td>
<td>MATH 100 or 125</td>
<td>F, S, Su</td>
<td>CRC Area IV</td>
</tr>
<tr>
<td><strong>Elective-suggestion:</strong> BIOL 310 General Biology</td>
<td>4</td>
<td>Advisory: ESLR 320 &amp; ESLW 310 or ESL 325 or ENGRD 310 &amp; ENGR 101</td>
<td>F, S, Su</td>
<td>CRC Area IV</td>
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<tr>
<td>CRC Area V(a) American Institutions</td>
<td>3</td>
<td></td>
<td>F, S, Su</td>
<td>CRC Area V(a)</td>
</tr>
<tr>
<td>CRC Area V(b) Soc &amp; Beh Sciences</td>
<td>3</td>
<td></td>
<td>F, S, Su</td>
<td>CRC Area V(b)</td>
</tr>
</tbody>
</table>

### SEMESTER 3

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Pre-Reqs^</th>
<th>Semesters offered*</th>
<th>GE Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 430 Anatomy &amp; Physiology</td>
<td>5</td>
<td>CHEM 305, 309 or 400</td>
<td>F, S, Su</td>
<td>CRC Area IV</td>
</tr>
<tr>
<td><strong>Elective-suggestion:</strong> NUTRI 300 Nutrition</td>
<td>3</td>
<td>None</td>
<td>F(O), S(O), Su(O)</td>
<td>CRC Area III(b)</td>
</tr>
<tr>
<td><strong>Elective-suggestion:</strong> KINES 301/HEED 350 Personal Wellness</td>
<td>3</td>
<td>None</td>
<td>F, S</td>
<td>CRC Area III(b)</td>
</tr>
<tr>
<td><strong>Elective-suggestion:</strong> PSYC 350 General Physics</td>
<td>4</td>
<td>MATH 334</td>
<td>F</td>
<td>CRC Area IV</td>
</tr>
</tbody>
</table>

### SEMESTER 4

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Pre-Reqs^</th>
<th>Semesters offered*</th>
<th>GE Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 431 Anatomy &amp; Physiology</td>
<td>5</td>
<td>BIOL 430</td>
<td>F, S</td>
<td></td>
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<tr>
<td>CRC Area VI Ethnic Multicultural Studies</td>
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<td></td>
<td>F, S, Su</td>
<td>CRC Area VI</td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
<td>F, S, Su</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
<td>F, S, Su</td>
<td></td>
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**Honors option:**
The CRC Honors Program is designed specifically for academically accomplished students and for students with the potential for high achievement. Students who complete 15 units or more in honors-designated courses will earn special recognition as an Honors Scholar, a distinction that may entitle the student to guaranteed transfer and scholarship opportunities at select transfer colleges and universities.

**Transfer notes:**
Please meet with a counselor for specific transfer course evaluation or transferring to a specific 4-year institution.

**General Education (GE):**
Select a GE theme to complete the missing GE require