

# PHYSICAL EDUCATION

**DEGREES, CERTIFICATES AND AWARDS** Associate in Science Degree (A.S.)

## DESCRIPTION

The Physical Education Associate of Science degree provides an educational and practical foundation for students interested in multiple professions within the area of physical education/kinesiology. Topics include introduction to physical education, care and prevention of athletic injuries, exercise leadership, first aid and CPR, psychology of coaching, nutrition, dance, fitness, and sport. Students who work closely with their counselor can use this degree to prepare for majoring in kinesiology at a four-year institution.

## PROGRAM LEARNING OUTCOMES

1. List various occupations in the field of physical education and exercise science, and then summarize the educational requirements for employment in each field.
2. Identify common injuries in the field of athletics and physical education, and then discuss short-term and long-term treatment plans.
3. Demonstrate skills needed to meet the minimal certification standards when performing first aid and CPR as required by either the American Red Cross (ARC) or American Heart Association (AHA).
4. Demonstrate safe and effective exercise techniques, as well as improved fitness in the four areas of exercise principles (Cardio-respiratory Endurance, Muscular Strength and Endurance, Flexibility, and Body Composition).

## ASSOCIATE DEGREE AND CERTIFICATE OF ACHIEVEMENT PROGRAMS

**The Associate in Arts (AA) or the Associate in Science (AS) Degree** involves satisfactory completion of a minimum of 60 semester units with a C average or higher, including grades of C in all courses required for the major, and fulfillment of all IVC district requirements for the associate's degree along with all general education requirements. The degree provides a sound basis for transfer to upper division institutions for additional degrees or for higher vocational preparation. To be eligible to receive an Associate Degree the student must complete the requirements for the major, the District requirements for an Associate Degree, and the General Education requirements. In addition students must maintain a minimum grade point average and meet the minimum grade requirements of their program. Detailed information is available in the college catalog.

**The Certificate of Achievement** program is designed for students with personal or occupational goals who wish early employment. To qualify for the Certificate, a student must satisfy the following requirements: (1) complete all courses listed for a particular certificate.; (2) achieve a "C" average (2.0 GPA) for all courses used to complete the certificate; and, (3) file a Certificate Application form with Admissions and Records by the appropriate deadline(s) identified on the application.

## CAREER OPPORTUNITIES

Of the career opportunities identified some will usually require the completion of degree requirements at 4-year colleges and universities.

- Athletic Administrator
- Athletic Trainer
- Coach
- Public/Private/Non-Profit Organization Recreation Director
- Resort Activities Director/Coordinator
- Health and Safety Director
- Health/Sport Club Manager
- Personal Trainer
- Sports Journalist
- Teacher

Students earning the Associate in Science degree in Physical Education may find employment as assist level positions in the K-12 school system, the fitness industry or recreational settings.



## TRANSFER PREPARATION

Courses that fulfill major requirements for an associate degree at Imperial Valley College may not be the same as those required for completing the major at a transfer institution offering a bachelor's degree. Students who plan to transfer to a four-year college or university should schedule an appointment with an IVC Counselor to develop a student education plan (SEP) before beginning their program.

### Transfer Resources:

[www.ASSIST.org](http://www.ASSIST.org) – CSU and UC Articulation Agreements and Majors Search Engine

[www.CSUMentor.edu](http://www.CSUMentor.edu) – CSU System Information

[www.universityofcalifornia.edu/admissions/index.html](http://www.universityofcalifornia.edu/admissions/index.html) - UC System Information

[www.aiccu.edu](http://www.aiccu.edu) – California Independent Colleges and Universities, Association of

<http://wiche.edu/wue> - Western Undergraduate Exchange Programs

## FINANCIAL AID

Paying for the cost of a college education requires a partnership among parents, students and the college. As the cost of higher education continues to rise we want you to know that IVC offers a full array of financial aid programs – grants, work study, scholarships, and fee waivers (we do not participate in the federal loan programs). These programs are available to both full and part time students who are seeking a degree or certificate. For those who qualify, financial aid is available to help with tuition, fees, books and supplies, food, housing, transportation, and childcare. Please log onto our website for additional information: [www.imperial.edu/students/financial-aid-and-scholarships/](http://www.imperial.edu/students/financial-aid-and-scholarships/)

# PHYSICAL EDUCATION

## ASSOCIATE DEGREE PROGRAM

### PHYSICAL EDUCATION MAJOR – A.S. DEGREE

Nineteen to twenty (19.0-20.0) units required for the major.

ALL COURSES FOR THIS MAJOR MUST BE COMPLETED WITH A MINIMUM GRADE OF "C" OR BETTER.

#### I. Required courses for the major (13.0 units)

BIOL	100	Principles of Biological Science	4.0
HE	104	First Aid and CPR	3.0
PE	209	Introduction to Physical Education	3.0
PE	219	Introduction to Athletic Training	3.0

#### II. Activity Requirement

Select a minimum of one course from three (3) areas for a total of four (4.0) units:

##### Adaptive

PE	130	Adapted Physical Exercises	1.0
PE	131	Adapted Sports	1.0

##### Aquatics

PE	107	Aquatic Exercise	1.0
PE	121	Beginning to Intermediate Swimming	1.0
PE	122	Lifeguard Training	2.0
PE	123	Water Safety Instructor Training	2.0
PE	142	Advanced Swimming	1.0

##### Fitness

PE	102	Physical Fitness	1.0
PE	103	Physical Fitness – Women	1.0
PE	104	Weight Training	1.0
PE	106	Walking/Jogging Fitness	1.0
PE	111	Aerobics – Step	1.0

##### Individual/Team Sports

PE	112	Basketball – Co-Ed	1.0
PE	120	Softball	1.0
PE	126	Tennis	1.0
PE	127	Tennis – Advanced	1.0
PE	128	Co-Ed Volleyball I	1.0
PE	129	Co-Ed Volleyball II	1.0
PE	170	Bowling – Beginning	1.0
PE	171	Bowling – Intermediate	1.0
PE	172	Bowling – Advanced	1.0

##### Intercollegiate Athletics

ATHL	120	Intercollegiate Cross Country and PE	3.0
ATHL	121	Out-of-Season Intercollegiate Cross Country and PE	3.0
ATHL	122	<b>Intercollegiate Volleyball and PE</b>	<b>3.0</b>
ATHL	123	Out-of-Season Intercollegiate Volleyball and PE	3.0
ATHL	124	Intercollegiate Men's Soccer and PE	3.0
ATHL	125	Out-of-Season Intercollegiate Men's Soccer and PE	3.0
ATHL	126	Intercollegiate Women's Soccer and PE	3.0
ATHL	127	Out-of-Season Intercollegiate Women's Soccer and PE	3.0
ATHL	128	Intercollegiate Men's Basketball and PE 1	3.0
ATHL	129	Intercollegiate Men's Basketball and PE 2	3.0
ATHL	130	Intercollegiate Women's Basketball and PE 1	3.0
ATHL	131	Intercollegiate Women's Basketball and PE 2	3.0
ATHL	132	Out-of-Season Intercollegiate Baseball and PE	3.0
ATHL	133	<b>Intercollegiate Baseball and PE</b>	<b>3.0</b>
ATHL	134	Out-of-Season Intercollegiate Softball and PE	3.0
ATHL	135	<b>Intercollegiate Softball and PE</b>	<b>3.0</b>
ATHL	136	Out-of-Season Intercollegiate Men's Tennis and PE	3.0
ATHL	137	Intercollegiate Men's Tennis and PE	3.0
ATHL	138	Out-of-Season Intercollegiate Women's Tennis and PE	3.0
ATHL	139	Intercollegiate Women's Tennis and PE	3.0

#### III. Theory/Practicum Requirement – Select one course (2.0-3.0 units):

PE	200	Theory of Baseball	2.0
PE	201	Theory of Basketball	2.0
PE	202	Theory of Softball	2.0
PE	203	Theory of Volleyball	2.0
PE	211	PE in the Elementary School	3.0
PE	221	Psychology of Coaching	2.0
PE	222	Sports Officiating	3.0

**Total Major Units**

**19.0-20.0**