

Associate Degree Graduation Requirements

(1) Complete all department requirements with a “C” or better or “P” in each course (at least 20% of the department requirements must be completed through SBCC); (2) Complete one of the following three General Education options: **OPTION 1:** SBCC General Education Requirements ([Areas A-D](#)) and Institutional Requirements ([Area E](#)) and Information Competency Requirement ([Area F](#)) OR **OPTION 2:** [IGETC Pattern](#) OR **OPTION 3:** [CSU GE Breadth Pattern](#); (3) Complete a total of 60 degree-applicable units (SBCC courses numbered 100 and higher); (4) Maintain a cumulative GPA of 2.0 or better in all units attempted at SBCC; (5) Maintain a cumulative GPA of 2.0 or better in all college units attempted; and (6) Complete 15 units through SBCC.

Department Requirements

(Total Department Units: 43-45)

<i>Current</i> Course No.	<i>Previous</i> Course No.	<i>Title</i> <small>applies to SBCC GE areas</small>	<i>Units</i>	<i>Institution &</i> Course No	<i>Grade</i>	<i>Units</i> (s/q)	<i>Term</i>
• BIOL 100 (1)	Concepts of Biology ^A	4.0	_____	_____	_____	_____
• BMS 107 (BIOMD 107/10A)	Human Anatomy ^A	4.0	_____	_____	_____	_____
• BMS 108 (BIOMD 108/10B)	Human Physiology ^A	4.0	_____	_____	_____	_____
• CHEM 101 (1)	Introduction to Chemistry ^A	4.0	_____	_____	_____	_____
• CHEM 104 (4)	Fund. of General, Org, and Biol Chem ^A	4.0	_____	_____	_____	_____
• HE 101 (1)	Personal Health Awareness ^{E3}	3.0	_____	_____	_____	_____
• HE 103 (3)	Responding to Medical Emergencies	3.0	_____	_____	_____	_____
• HE 104 (4)	Introduction to Athletic Injuries	3.0	_____	_____	_____	_____
• HE 213 (213)	Concepts in Physical Fitness ^{E3}	3.0	_____	_____	_____	_____
• PE 200 (200)	Introduction to Kinesiology	3.0	_____	_____	_____	_____

Plus 9 courses of Controlled Physical Education Activities selected as follows (all PE activity courses apply to Area E3 of the SBCC General Education pattern):

1. Choose 1 course from each category below:

Aquatics

PE 132ABC, 133, 134A, 137, 220A

Fitness/Cardiovascular Activities

PE 106AB, 112A, 138ABC, 139, 143A, 144ABC, 146, 147ABCD, 148AB, 149, 166, 168, 169, 176AB, 177, 179, 195, 196, 224

Dance

PE 150ABC, 151AB, 152ABC, 153, 156

Combatives

PE 162A, 163, 164

2. Choose 3 courses from below (Team Sports):

PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 126ABC, 127ABC, 219AB

3. Choose 2 courses from below (Individual Sports):

PE 101AB, 103AB, 109ABC, 226

Additional Program Information

For further information, contact the Counseling Center, 965-0581, Ext. 2285, or Kathy O'Connor, Department Chair, Ext. 2322.

SBCC AA/AS Degree Graduation Requirements Worksheet (Must complete IA or IB or IC, and II, and III and IV below)



Santa Barbara City College

Physical Education

2017-18

Associate in Arts Degree in Physical Education

Physical education is a study of the processes through which individuals obtain optimal health, physical skill, and fitness. The physical educator, whether in a laboratory, school, medical or business setting, is ultimately concerned with improving the individuals health and well-being. Santa Barbara City College offers three areas of emphasis within the field of Physical Education: Exercise Science, Athletic Training, and Dance.

Careers in Physical Education

The Physical Education major presents the student with more career opportunities than ever before. In addition to the traditional areas of teaching, coaching, recreation and dance, Physical Education majors are finding that the disciplines of physical therapy, athletic training, rehabilitation services, exercise specialties and fitness are more and more in demand. In addition, as preventive health care becomes more prevalent, the physical educator should find an even wider range of opportunities.

IA. IGETC (http://articulation.sbcc.edu/IGETC/IGETC.pdf)		Course #	Grade	Units (s/q)	Term
1A.	English Composition				
1B.	Critical Thinking-English Composition				
1C.	Oral Communication (CSU only)				
2A.	Mathematics				
3A.	Arts				
3B.	Humanities				
4.	Social Sciences				
5A/5C.	Physical Sciences				
5B/5C.	Biological Sciences				
6A.	Language Other Than English (UC only)				

IB. CSU GE Breadth Pattern (http://articulation.sbcc.edu/CSU/CSUGE.pdf)		Course #	Grade	Units (s/q)	Term
A1.	Oral Communication				
A2.	Written Communication				
A3.	Critical Thinking				
B1/B3.	Physical Science				
B2/B3.	Life Science				
B4.	Mathematics				
C1.	Arts				
C2.	Humanities				
D.	Social Sciences				
E.	Lifelong Learning and Self-Development				

IC. SBCC GE, Institutional & Info Competency (http://www.sbcc.edu/apply/files/pereg.pdf)		Course #	Grade	Units (s/q)	Term
A.	Natural Sciences with Lab				
B.	Social and Behavioral Science				
C.	Humanities				
D-1.	English Composition				
D-2.	Communication and Analytical Thinking				
E-1.	Mathematics - Plus complete 3 out of the 4 areas listed below (E-2 through E-5)				
E-2.	American Institutions				
E-3.	Physical Education/Health Education				
E-4.	Oral Communication				
E-5.	Multicultural/Gender Studies				
F.	Information Competency				

II. Unit and Grade Point Average Requirements: Refer to Graduation Requirements on the other side of this document.

	Total Semester Units Attempted	Total Semester Units Completed	Grade Points	GPA
SBCC				
Transfer				
Total				

III. Residency Requirements: 15 units completed through SBCC & 20% of Department Requirements completed through SBCC? Yes No

IV. Department Requirements: Refer to the other side of this document for a list of department required courses. Yes No

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