

# Physical Education – Emph. in Athletic/Personal Fitness Training 2017-18

## 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: 40.5-45.5)

<i>Current</i> <b>Course No.</b>	<i>Previous</i> <b>Course No.</b>	<i>Title</i> <small>applies to SBCC GE areas</small>	<b>Units</b>	<i>Institution &amp;</i> <b>Course No.</b>	<b>Grade</b>	<i>Units</i> <b>(s/q)</b>	<b>Term</b>
• BMS 107	..... (BIOMD 107/10A)	..Human Anatomy <sup>A</sup>	4.0	_____	_____	_____	_____
• BMS 108	..... (BIOMD 108/10B)	..Human Physiology <sup>A</sup>	4.0	_____	_____	_____	_____
• BMS 128	..... (BIOMD 128/4)	.....Human Nutrition	3.0	_____	_____	_____	_____
• HE 103	..... (3)	.....Responding to Medical Emergencies	3.0	_____	_____	_____	_____
• HE 104	..... (4)	.....Introduction to Athletic Injuries	3.0	_____	_____	_____	_____
• HE 108	..... (none)	.....Adv. Assessm. & Treatm. Athletic Inj.	3.0	_____	_____	_____	_____
• HE 213	..... (none)	.....Concepts in Physical Fitness <sup>E3</sup>	3.0	_____	_____	_____	_____
• HE 220	..... (none)	.....Fund. of Exercise Test. & Fitness Inst.	3.0	_____	_____	_____	_____
• PE 200	..... (none)	.....Introduction to Kinesiology	3.0	_____	_____	_____	_____
• PE 290	..... (none)	.....Work Experience in Physical Educ	<b>OR</b> 1-4	_____	_____	_____	_____
PE 295	..... (none)	.....Internship in PE/Health Education	2-4	_____	_____	_____	_____

### Plus 6-8 units of Controlled Electives:

• CHEM 101	..... (1)	.....Introductory Chemistry <sup>A</sup>	<b>OR</b> 4.0	_____	_____	_____	_____
CHEM 104	..... (4)	.....Fund. of General, Org & Biol. Chem <sup>A</sup>	4.0	_____	_____	_____	_____
• PHYS 101	..... (1)	.....Conceptual Physics <sup>A</sup>	3.0	_____	_____	_____	_____
• PSY 100	..... (PSYCH 100/1)	.....General Psychology <sup>B</sup>	<b>OR</b> 3.0	_____	_____	_____	_____
PSY 100H	..... (PSYCH 100HR)	.....General Psychology, Honors <sup>B</sup>	4.0	_____	_____	_____	_____

**Plus 3 courses of Controlled Physical Education Activities. PE 143 (Integrated Training for Fitness) is required with at least one course from the aerobic conditioning group and one from the flexibility group (all PE activity courses apply to Area E3 of the SBCC General Education pattern):**

• PE 143A	..... (none)	.....Integrated Training for Fitness <sup>E3</sup>	1.5	_____	_____	_____	_____
Aerobic Conditioning: PE 106A, 112A, 134A, 138A, 148AB, 220A, 226							
Flexibility: PE 139, 146, 176A, 176B							

### Additional Program Information

For further information, contact the Counseling Center, 965-0581, Ext. 2285, or Kathy O'Connor, Department Chair, 965-0581, 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: Emphasis in Athletic/Personal Fitness Training

2017-18

## Associate in Arts Degree in Physical Education: Emphasis in Athletic/Personal Fitness Training

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.

***SBCC: Your Open Door to  
Educational Excellence***

IA. IGETC ( <a href="http://articulation.sbcc.edu/IGETC/IGETC.pdf">http://articulation.sbcc.edu/IGETC/IGETC.pdf</a> )		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 ( <a href="http://articulation.sbcc.edu/CSU/CSUGE.pdf">http://articulation.sbcc.edu/CSU/CSUGE.pdf</a> )		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 ( <a href="http://www.sbcc.edu/apply/files/pereg.pdf">http://www.sbcc.edu/apply/files/pereg.pdf</a> )		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 - <i>Plus complete 3 out of the 4 areas listed below (E-2 through E-5)</i>				
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				
<b>Total</b>				

**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