

# Physical Education

PHYSICAL EDUCATION DEPARTMENT

Major 20806

This program is designed to prepare students for employment in the field of Physical Education. Students wishing a Bachelor's Degree (*transfer program*) should consult with a counselor or advisor to file an educational plan and to discuss transferability.

## Requirements for the Major

### Required courses:

ANAT 35	Human Anatomy	5.0	CSU, UC
ANAT 36	Human Physiology	5.0	CSU, UC
NF 10	Nutrition for Personal Health and Wellness, <i>or</i>	3.0	CSU
NF 25	Essentials of Nutrition, <i>or</i>	3.0	CSU, UC
NF 25H	Essentials of Nutrition – Honors	3.0	CSU, UC
PE 3	First Aid and CPR, <i>or</i>	3.0	CSU, UC
PE 5	Advanced First Aid/CPR/Emergency Response	3.0	CSU
PE 17	Introduction to Physical Education	3.0	CSU, UC
PE 19	Introduction to Care/Prevention of Activity/Sports-Related Injuries	3.0	CSU, UC
PE 34	Fitness for Living	3.0	CSU, UC

### Plus

### Select eight (8) courses from:

DNCE	Dance: Activity	0.5 - 2.0	CSU, UC
PE-A	Physical Education: Aquatics	0.5 - 2.0	CSU, UC
PE-F	Physical Education: Fitness	0.1 - 2.5	CSU, UC
PE-I	Physical Education: Individual	0.5 - 1.0	CSU, UC
PE-L	Physical Education: Adaptive	0.5 - 1.0	CSU, UC
PE-S	Physical Education: Team Sports	0.5 - 1.0	CSU, UC

**TOTAL UNITS 28.6 - 41.5**