

Physical Education
Associate in Science

Concentration Requirements			Credit Hours
PED	101	Introduction to Physical Education.....	3
PED	103	Care and Prevention of Athletic Injuries.....	3
PED	105	Personal & Community Health.....	3
PED	118	First Aid.....	2
PSYC	101	General Psychology.....	3
PSYC	201	Developmental Psychology.....	3
		Concentration Electives.....	6
Total.....			23

General Education Requirements			Credit Hours
ENGL	101	English Composition I.....	3
ENGL	102	English Composition II.....	3
COMM	101	Fundamentals of Speech.....	3
MATH	115	College Algebra.....	3
PED	116	Lifetime Fitness.....	1
BIOL	120	Biology with Lab <i>or</i>	
BIOL	130	Anatomy and Physiology with Lab.....	5
		Physical Science Elective.....	5
		Humanities Electives.....	6
		Social and Behavioral Science Electives.....	6
		General Education Electives.....	6
Total.....			41
Program Total.....			64

***Concentration Electives:**

With emphasis on Coaching/Teaching

PED 189 Rules & Officiating (3)

EDUC 140 Introduction to Teaching (3)

Choice of one 3 hour Coaching Theory course

With emphasis on Recreation/Leisure:

PED 107 Community Recreation (3)

PED 103 Recreational Activity (2)

AND Select 1 PE Activity Elective from following list:

173	Aerobic Dance	158	Beginning Tennis
120,121,210,211	V. Baseball	150	Beginning Golf
122,123,214,215	V. Basketball	184	Jogging
133,134,222,223	V. Wrestling	152	Karate I
131,132	V. Volleyball	185	Lifesaving
129,130,220,221	V. Softball	154,155	Racquetball I-II
177	Danceworks	193	Slimnastics
178	Exercise	156,157	Social Dance I-II
162	Beginning Swimming	195	Weightlifting

For a listing of all Humanities, Social Science, Natural & Physical Science and General Education Electives, see page 105.

College Success Skills (LEAR 101) is required for all first-time, full-time students with fewer than 15 hours after high school graduation.

Physical Education
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Four Semester Plan

Semester 1 *

Course #	Course Title
ENGL 101	English Composition I (3)
MATH 115	College Algebra (3)
PSYC 101	General Psychology (3)
PED 101	Introduction to PE (3)
	Humanities Elective (3)
Semester Hours (15) Cumulative Hours (15)	

Semester 2

Course #	Course Title
ENGL 102	English Composition II (3)
COMM 101	Fundamentals of Speech (3)
PED 103	Care & Prevention (3)
PED 118	First Aid (2)
	Physical Science Elective with Lab (5)
Semester Hours (16) Cumulative Hours (31)	

Semester 3

Course #	Course Title
PED 105	Personal and Community Health (3)
BIOL 120	Biology with Lab <i>or</i>
BIOL 130	Anatomy & Physiology with Lab (5)
	Social and Behavioral Science Elective (3)
	Concentration Elective (3)
	General Education Elective (3)
Semester Hours (17) Cumulative Hours (48)	

Semester 4

Course #	Course Title
PSYC 201	Developmental Psychology (3)
PED 116	Lifetime Fitness (1)
	Concentration Elective (3)
	General Education Elective (3)
	Humanities Elective (3)
	Social and Behavioral Science Elective (3)
Semester Hours (16) Cumulative Hours (64)	

*** College Success Skills should be taken the first semester.**