ASSOCIATE IN ARTS DEGREE IN PHYSICAL EDUCATION

Major Code: 083500

Plan A

The Associate in Arts degree in Physical Education is designed for students who plan to transfer to the CSU system as Physical Education majors, specifically to CSUDH, CSULB, CSULA or CSUN. The AA degree consists of a core general education component, 18 units in the major, and additional elective units as needed to reach a minimum of 60 units overall.

All students are strongly advised to meet with a counselor for academic planning. Students who plan to transfer will need to consult a counselor and the Transfer Center for specific information regarding preparation for the intended major at the colleges/universities of choice, in order to facilitate a seamless transition.

Choose either option 1 or 2 or 3 for the General Education Core:
1. LAHC G.E. Plan A (30 units)
2. CSU G.E. Breadth—including Health or Nutrition, P.E. and U.S. History or U.S. Government (39-41 units)
3. IGETC— including Health or Nutrition, P.E. and U.S. History or U.S. Government (34-41 units)

Courses required for the major (18 units):

Anatomy 1, Introduction to Human Anatomy 4 units

Physiology 1, Introduction to Human Physiology 4 units

One course from 3 units

Health 2, Health and Fitness 3 units
Health 11, Principles of Healthful Living 3 units
Health 12, Safety Education and First Aid 3 units
F and CS 21, Nutrition 3 units

One course from 3 units

P.E. 712, Introduction to Physical Education 3 units
P.E. 800, Introduction to Dance and Dance History 3 units

Activities courses including but not limited to 4 units:

P.E. 212, P.E. 228, P.E. 230, P.E. 238, P.E. 259, P.E. 304, P.E. 313,
P.E. 322, P.E. 328, P.E. 437, P.E. 440, 690, 801, 802, 805, 806