

PHYSICAL EDUCATION, ASSOCIATE OF ARTS (AA): ATHLETIC/PERSONAL FITNESS TRAINING EMPHASIS

Overview

The degree emphasis in Athletic/Personal Fitness Training prepares students to transfer to a four-year university and major in kinesiology, with an emphasis in Athletic Training or Sports Medicine. The practicum hours completed may count toward certification as an athletic trainer.

Requirements

Associate Degree Graduation Requirements

Complete all of the following:

1. All Department Requirements listed below with a "C" or better or "P" in each course (at least 20% of the department requirements must be completed through SBCC).
2. One of the following three General Education options:
 - a. OPTION 1: A minimum of 18 units of SBCC General Education Requirements (<https://catalog.sbccc.edu/degrees-certificates-awards/#associateddegreestext>) (Areas A-D) and Institutional Requirements (Area E) and Information Competency Requirement (Area F) OR
 - b. OPTION 2: IGETC (<https://catalog.sbccc.edu/transfer-curricula/#igetctext>) Pattern OR
 - c. OPTION 3: CSU GE Breadth (<https://catalog.sbccc.edu/transfer-curricula/#csugebtext>) Pattern
3. 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.
6. A minimum of 12 units through SBCC.

Code	Title	Units
Department Requirements		
BMS 107	Human Anatomy	4
BMS 108	Human Physiology	4
BMS 128	Human Nutrition	3
HE 103	Responding to Medical Emergencies	3
HE 104	Introduction to Athletic Injuries	3
HE 108	Advanced Assessment And Treatment Of Athletic Injuries	3
HE 213	Concepts in Health and Physical Fitness	3
HE 220	Fundamentals Of Exercise Testing And Fitness Instruction	3
PE 200	Introduction to Kinesiology	3

PE 290	Work Experience in Physical Education/Health Education	1-4
or PE 295	Internship in Physical Education/Health Education	
Complete 6-8 units of Controlled Electives from the following:		6-8
CHEM 101	Introductory Chemistry	
or CHEM 104	Fundamentals Of General, Organic And Biological Chemistry	
PHYS 101	Conceptual Physics	
PSY 100		
or PSY 100H		
Complete 3 courses of Controlled Physical Education Activities from the following: ¹		
PE 143A	Integrated Training: Beginning	1.5
Aerobic Conditioning - Complete one from the following:		1.5
PE 106A	Beginning Spinning For Fitness	
PE 112A	Body Conditioning Boot Camp: Beginning	
PE 134A	Swimming For Conditioning: Beginning	
PE 138A	Beginning Cardio Boxing	
PE 148A	Beginning Walking/Jogging for Fitness	
PE 148B	Intermediate Walking/Jogging for Fitness	
PE 220A	Ocean Swimming: Beginning	
PE 226	Running for Conditioning	
Flexibility - Complete one from the following:		1.5
PE 139	Pilates Mat Fitness	
PE 146	Stretching and Relaxation	
PE 176A	Beginning Fitness Yoga	
PE 176B	Intermediate Fitness Yoga	
Total Units		40.50-45.50

¹ PE 143 is required along with one course from the aerobic conditioning group and one from the flexibility group.

Learning Outcomes

1. Articulate the differences between Physical Education and Athletics.
2. Recognize the potential for service to the individual, community and society provided by Physical Education and Athletics.
3. Demonstrate knowledge of functional anatomy, physiology and biomechanics, and properly demonstrate proficiency in a variety of physical activity skills.
4. Explain the appropriate course of treatment for each of the most common sports injuries.
5. Identify the factors that contribute to an evaluation of an injury and determine the treatment plan for safe return to sport participation.
6. Demonstrate and implement rehabilitative exercises appropriate to each sport.
7. Assess motivational readiness for client exercise and develop effective strategies for health behavior change consistent with the stages of the Transtheoretical Model of motivational readiness.
8. Develop appropriate physical training programs for children, adults and special needs populations, based on demonstrated knowledge

of coronary risk factor analysis and exercise prescription standards defined by NASM / ACSM.

9. Administer appropriate practical physical fitness and muscular balance assessments.
10. Demonstrate academic competencies sufficient to pass professional certification exams consistent with entry-level positions in the health and fitness industry.
11. Demonstrate effective communication skills to lead individual and group fitness training sessions.

Recommended Sequence

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment (<https://www.sbcc.edu/counselingcenter/counselingappointments.php>).