

Palomar College Catalog 2009-2010

Physical Education (PE)

See also Athletics and Competitive Sports

Contact the Physical Education Department for further information.
(760) 744-1150, ext. 2462
Office: O-10

For transfer information, consult a Palomar College Counselor.

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).

- Physical Education

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).

- Adult Fitness/Health Management

PROGRAMS OF STUDY

Adult Fitness/Health Management

Training for fitness instructors and lifestyle educators in designing, implementing and managing a variety of health/fitness programs.

CERTIFICATE OF ACHIEVEMENT

Program Requirements	Units
BMGT 105 Small Business Management	3
BUS 140 Selling for Business	3
CSIT 105 Computer Concepts and Applications	3
FCS/HE 165 Fundamentals of Nutrition	3
HE 100 Health Education and Fitness Dynamics	3
HE 100L Health Performance Lab	1-2
PE 104/EME 100 Advanced First Aid	3
PSYC 100 Introduction to Psychology	3
ZOO 203 Physiology	4
CE 100 Cooperative Education	2-4

Group I (Select a minimum of 3 units)

ENG 100 English Composition	4
MATH 120 Elementary Statistics	3
SPCH 100 Oral Communication	3

Group II (Select a minimum of 3 units)

FCS 170 Nutrition: Eating Disorders and Obesity	3
PSYC 115 Psychology of Personal Growth and Development	3
PSYC 210 Physiological Psychology	4
SOC 125/ PSYC 125 Human Sexuality	3

Group III (Select a minimum of 3 units)

PE 100 Introduction to Physical Education	2
PE 125 Physical Fitness	1-2
PE 128 Wellness Activities	1-2
PE 129 Aerobics/Step	1-2
PE 151 Intermediate Weight Training	1-1.5
PE 165 Coed Softball	1-1.5
PE 168 Soccer	1-1.5
PE 231 Water Safety Instruction	3
PE 232 Teaching Swimming	1-1.5

TOTAL UNITS 37 - 40

Physical Education

Provides the student with background to begin upper division coursework and serves as preparation for entry level jobs in health clubs, non-credentialed physical education and coaching positions, and as recreation aides. Transfer students should consult the four-year college or university catalog for specific requirements or see a Palomar College counselor.

A.A. DEGREE MAJOR

Program Requirements Units

HE 100 Health Education and Fitness Dynamics	3
HE 100L Health Performance Lab	1-2
HE/FCS 165 Fundamentals of Nutrition	3
PE 100 Introduction to Physical Education	2
PE 104/EME 100 Advanced First Aid	3
PE 129 Aerobics/Step	1-1.5
PE 231 Water Safety Instruction	3
PSYC 100 Introduction to Psychology	3
ZOO 200 Anatomy	5
ZOO 203 Physiology	4

Plus 3 of the following team skill courses (An ACS course in these sports may be substituted for one)

PE 137 Water Polo	1
PE 156 Intermediate Volleyball	1-1.5
PE 165 Coed Softball	1-1.5
PE 166 Basketball	1
PE 168 Soccer	1-1.5
PE 210 Professional Preparation for Football	1-2
PE 212 Professional Preparation for Baseball	1-2

Plus 3 of the following individual skill courses (An ACS course in these sports may be substituted for one)

PE 118 Intermediate Golf	1-1.5
PE 127 Aquatic Exercises	1-2
PE 136 Intermediate Swimming	1-1.5
PE 141 Intermediate Tennis	1-1.5
PE 150 Beginning Weight Training	1-1.5

TOTAL UNITS 34 - 40