

Physical Education/Fitness Studies (A.S.)

Curriculum Code: 0478

Semester Hours Required for Graduation: 62

PROGRAM GOALS:

This program prepares students for transfer into a bachelor's degree program in physical education, athletic training, sports management, or other fitness/health-related curricula.

12th-grade reading level is required (readiness to begin EN 101 – Composition). (A score of 80 or higher on the placement exam is required.)

Competency in Elementary Algebra is required. College-level proficiency on Math Placement Examination.

PROGRAM OUTCOMES:

- Demonstrate knowledge of scientific investigative methods and the structure and function of the major body systems.
- Demonstrate knowledge of psychological concepts related to human development, learning, and behavior change.
- Demonstrate knowledge and skills related to promoting the health and well-being of individuals.
- Demonstrate the ability to utilize mathematical skills to solve problems and interpret and draw inferences from mathematical models.
- Produce written material that demonstrates abilities to conduct research, develop an argument, and organize supporting details.
- Demonstrate knowledge of the historical development and current status of academic disciplines and career opportunities within the realm of physical education and exercise science.

Competency in College Algebra is highly recommended.

LIBERAL ARTS REQUIREMENTS

31 Semester Hours

EN 101	Composition	3
EN 102	Composition and Literature	3
HE 105	Principles of Fitness	3
HU ELE	Humanities Electives	6
MA 102	Statistics	3
PY 101	General Psychology	3
SC ELE	Lab Science Elective	4
SL ELE	Social Science Electives	6

PROGRAM REQUIREMENTS

31 Semester Hours

CI 105	Computer Applications	3
GN ELE	General Electives	15
HE 103	Critical Issues in Health	3
HE 201	First Aid and Safety	3
PE 103	Foundations of Physical Education	3
SC ELE	Lab Science Elective	4

Grand Total **62**

ACADEMIC PREPARATION:

It is highly recommended that the following criteria be met to begin this program, and it is REQUIRED by the completion of 24 credits:

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SUGGESTED PROGRAM SEQUENCE

1st Semester

CI 105	Computer Applications	3
EN 101	Composition	3
HE 105	Principles of Fitness	3
PY 101	General Psychology	3
SC ELE	Lab Science Elective*	4
Total		16

2nd Semester

EN 102	Composition and Literature	3
GN ELE	General Elective**	3
PE 103	Foundations of Physical Education	3
SC ELE	Lab Science Elective*	4
SL ELE	Social Science Elective	3
Total		16

3rd Semester

GN ELE	General Electives**	6
HE 201	First Aid and Safety	3
HU ELE	Humanities Elective	3
MA 102	Statistics	3
Total		15

4th Semester

GN ELE	General Electives**	6
HE 103	Critical Issues in Health	3
HU ELE	Humanities Elective	3
SL ELE	Social Science Elective	3
Total		15

Transfer Opportunities: SUNY Brockport, SUNY Cortland, University of Massachusetts–Lowell, Springfield College, University of North Carolina–Willmington, Coastal Carolina University, Northeastern University, University of Connecticut–Storrs, East Carolina University, University of West Virginia.

* *Electives from: BI 101, BI 102, BI 130, BI 131, CH 101, CH 102, CH 201, and CH 202.*

** *Consult with advisor for meeting transfer requirements.*