



Physical Education 2013-2014

Physical Education is a multi-disciplinary educational experience. These choices include the traditional concentrations in teaching and contemporary choices of fitness, dance or athletic emphasis. Students interested in physical education, dance and athletics are candidates for this program.

Program Learning Outcomes:

- The student will complete this program with the ability to communicate the components of a Physical Education program to their professional staff
- The student will demonstrate the necessary knowledge, skills, and values of a multi-disciplinary program, which satisfy core requirements for many physical education transfer majors including the traditional concentrations in teaching and contemporary choices of fitness, dance and athletic emphasis.

Units required for Major: 34

Associate Degree Requirements:

- English proficiency: ENGL 1A, 1AH, 1S & 1T, ESLL 26 or equivalent.
- Mathematics proficiency: MATH 57, 105, 108 or equivalent.

A minimum of 90 units is required* to include:

- All Foothill General Education requirements (30 Units)
- Core courses (28 Units)
- Support courses (6 units)

*Additional elective course work may be necessary to meet the 90-unit minimum requirement for the associate degree.

NOTE: All courses pertaining to the major must be taken for a letter grade. In addition, a GPA of 2.0 or higher is required in all core and support courses for the degree.

Program Type:

AA = Associate in Arts Degree.

Additional Information:

NOTE: Students should review the catalog of the transfer institution of their choice regarding lower division requirements.

Core Courses: 28 Unit(s)

- KINS 1 Introduction to Kinesiology (4 units)
- KINS 2 Sport in Society (4 units)
- KINS 3 Theories & Techniques of Coaching Sports (4 units) or DANC 10 Topics in Dance History (4 units)
- KINS 4 Concepts of Physical Fitness & Wellness (4 units)
- KINS 8A Theory & Concepts of Exercise Physiology I(4 units)
- KINS 16B Emergency Athletic Injury Care (3 units)
- BIOL 10 General Biology: Basic Principles (5 units)

or BIOL 14 Human Biology (5 units)

Support Courses: 6 Unit(s)

Select 6 Units of any Physical Education (PHED) activity courses or the following Dance (DANC) courses:

- DANC 1A Beginning Ballet (1Unit)
- DANC 1B Intermediate Ballet (1Unit)
- DANC 1A Advanced Ballet (1Unit)
- DANC 2A Beginning Modern Dance (1Unit)
- DANC 2B Intermediate Modern Dance (1Unit)
- DANC 3A Beginning Jazz Dance (1Unit)
- DANC 3B Intermediate Jazz Dance (1Unit)
- DANC 4A Beginning Ballroom Dance (1Unit)
- DANC 4B Intermediate Ballroom Dance (1Unit)
- DANC 4C Advanced Ballroom Dance (1Unit)
- DANC 5 World Dance (1Unit)
- DANC 6 Beginning Country-Western Line Dance (1Unit)
- DANC 7 Choreography (1Unit)
- DANC 8 Dance Production: Rehearsal and Performance (2Units)
- DANC 9 Movement for Actors (2Units)
- DANC 11A Repertory Dance I (4 Units)
- DANC 11B Choreography for Performance I (4 Units)
- DANC 11C Dance Production I (4 Units)
- DANC 12A Repertory Dance II (4 Units)
- DANC 12B Choreography for Performance II (4 Units)
- DANC 12C Dance Production II (4 Units)
- DANC 13A Introduction to Contemporary Dance (1 unit)
- DANC 13B Intermediate Contemporary Dance (1 unit)
- DANC 14 Dance Conditioning (1 unit)
- DANC 18A Introduction to Hip Hop Dance (1 unit)
- DANC 18B Intermediate Hip Hop Dance (1 unit)

Elective Courses: Elective Courses: Recommended* Unit(s)

*These courses are recommended to fulfill the additional elective requirements to reach 90 units for the degree as they augment the major:

- DANC 10 Topics in Dance History (4 units)
- BIOL 40A Human Anatomy & Physiology I (5 units)
- BIOL 40B Human Anatomy & Physiology II (5 units)
- BIOL 40C Human Anatomy & Physiology III (5 units)
- CHEM 25 Fundamentals of Chemistry (5 units) or CHEM 30A Survey of Inorganic & Organic Chemistry (5 units)
- KINS 9 Basic Nutrition for Sports & Fitness (4 units)
- KINS 15 First Aid & CPR/AED (2 units)
- KINS 16A Prevention of Athletic Injuries (3 units)
- KINS 16C Treatment & Rehabilitation of Athletic Injuries (3 units)
- KINS 51 Performance Enhancing Substances in Sport & Exercise (4 units)
- PSYC 1 General Psychology (5 units)