

**Department Requirements**  
(Total Department Units: 40)

2011-12 Course No.	Previous Course No.	Title <small>applies to SBCC GE areas</small>	Units	Institution & Course No	Grade	Units (s/q)	Term
• BMS 107	..... (BIOMD 107/10A)	Human Anatomy <sup>A</sup>	4.0	_____	_____	_____	_____
• HE 101	..... (1)	Personal Health Awareness <sup>E3</sup>	3.0	_____	_____	_____	_____
• HE 103	..... (3)	Responding to Medical Emergencies	3.0	_____	_____	_____	_____
• HE 104	..... (4)	Introduction to Athletic Injuries	3.0	_____	_____	_____	_____
• HE 213	..... (213)	Concepts in Physical Fitness <sup>E3</sup>	3.0	_____	_____	_____	_____
• PE 200	..... (200)	Introduction to Kinesiology	3.0	_____	_____	_____	_____

**Plus 12 units of Controlled Electives:**

• BIOL 100	..... (1)	Concepts of Biology <sup>A</sup>	4.0	_____	_____	_____	_____
• BMS 108	..... (BIOMD 108/10B)	Human Physiology <sup>A</sup>	4.0	_____	_____	_____	_____
• CHEM 101	..... (1)	Introduction to Chemistry <sup>A</sup> <b>OR</b>	4.0	_____	_____	_____	_____
CHEM 104	..... (4)	Fund. of General, Org, and Biol Chem <sup>A</sup>	4.0	_____	_____	_____	_____

**Plus 9 units of Controlled Physical Education Activities selected as follows (all PE activity courses apply to Area E3 of the SBCC General Education pattern):**

**1. Choose 1 course from each category below:**

Aquatics

PE 131, 132ABC, 133, 134, 136, 137, 220

Fitness/Cardiovascular Activities

PE 106ABC, 112, 138A, 139, 140ABC, 142AB, 143ABC, 144ABC, 145ABC, 146, 147ABCD, 148AB, 149, 166, 168, 169, 176, 177, 178, 179, 195, 196, 224

Dance

PE 150ABC, 151AB, 152ABC, 153, 156, 158A

Combatives

PE 159A, 162ABC, 163ABC, 164ABC

**2. Choose 3 courses from below:**

PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 127ABC, 129, 219AB

**3. Choose 2 courses from below:**

PE 101AB, 103ABC, 109ABC, 118, 119, 126ABC

**Associate Degree Graduation Requirements:** (1) Complete all department requirements with a “C” or better in each course. Candidates for an Associate Degree are also required to complete at least 20% of the department requirements through SBCC. Pass/No Pass grading is not permitted in those courses needed to fulfill department requirements; (2) Complete at least 18 units of General Education Requirements ([Areas A-D](#) of the SBCC General Education pattern); (3) Complete the SBCC Institutional Requirements ([Area E](#)); (4) Complete the Information Competency Requirement ([Area F](#)); (5) Complete a total of 60 degree-applicable units (SBCC courses numbered 100 and higher); (6) Maintain a cumulative GPA of 2.0 or better in all units attempted at SBCC; (7) Maintain a cumulative GPA of 2.0 or better in all college units attempted; and (8) Candidates for an Associate Degree are required to complete 15 units through SBCC.

**Additional Program Information**

For further information, contact the Counseling Center, 965-0581, Ext. 2285, or Kathy O’Connor, Department Chair, Ext. 2322. Check your degree progress with DARS U-Achieve at [www.sbcc.edu/DARS](http://www.sbcc.edu/DARS).

**SBCC AA/AS Degree Graduation Requirements (Must complete I, II, III and IV below)**



Santa Barbara City College

# Physical Education

## 2011-12

I. General Education, Institutional & Information Competency (Institution & Course Number)	Grade	Units (s/q)	Term
<b>A-D. General Education Requirements**</b>			
A. Natural Sciences with Lab			
B. Social and Behavioral Science			
C. Humanities			
D. Language and Rationality			
D-1. English Composition			
D-2. Communication and Analytical Thinking			
<b>E. SBCC Institutional Requirements**</b>			
E-1. Mathematics			
<i>Plus complete three out of the four areas listed below (E-2 through E-5)</i>			
E-2. American Institutions			
E-3. Physical Education/Health Education			
E-4. Oral Communication			
E-5. Multicultural/Gender Studies			
<b>F. Information Competency Requirement**</b>			

**Associate in Arts Degree in Physical Education**

Physical education is a study of the processes through which individuals obtain optimal health, physical skill, and fitness. The physical educator, whether in a laboratory, school, medical or business setting, is ultimately concerned with improving the individuals health and well-being. Santa Barbara City College offers three areas of emphasis within the field of Physical Education: Exercise Science, Athletic Training, and Dance.

**Careers in Physical Education**

The Physical Education major presents the student with more career opportunities than ever before. In addition to the traditional areas of teaching, coaching, recreation and dance, Physical Education majors are finding that the disciplines of physical therapy, athletic training, rehabilitation services, exercise specialties and fitness are more and more in demand. In addition, as preventive health care becomes more prevalent, the physical educator should find an even wider range of opportunities.

\*\*For specific course, unit, grade and other graduation requirements see the General Education, Institutional and Information Competency Requirements handout available in the Counseling department or visit <http://www.sbccc.edu/apply/files/gereq.pdf>

**II. Unit and Grade Point Average Requirements:** Refer to Graduation Requirements on the other side of this document.

	<i>Total Semester Units Attempted</i>	<i>Total Semester Units Completed</i>	<i>Grade Points</i>	<i>GPA</i>
SBCC				
Transfer				
Total				

**III. Residency Requirements:** 1) 15 units completed through SBCC?  Yes  No  
 2) 20% of Department Requirements completed through SBCC?  Yes  No

**IV. Department Requirements:** Refer to the other side of this document for a list of required courses. Were all department requirements completed with a "C" or higher in each course?  Yes  No

Waivers/Substitutions: \_\_\_\_\_

Counselor Comments: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Student ID: K \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Code: \_\_\_\_\_ Date: \_\_\_\_\_

