

# Physical Education – Emphasis in Exercise Science 2011-12

## Department Requirements

(Total Department Units: 38-42)

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				
• BMS 108	..... (BIOMD 108/10B)	..Human Physiology <sup>A</sup>	4.0				
• BMS 128	..... (BIOMD 128/4)	.....Human Nutrition	3.0				
• HE 101	..... (1)	.....Personal Health Awareness <sup>E3</sup>	3.0				
• HE 103	..... (3)	.....Responding to Medical Emergencies	3.0				
• HE 213	..... (none)	.....Concepts in Physical Fitness <sup>E3</sup>	3.0				
• HE 220	..... (none)	.....Fund. of Exercise Test. & Fitness Inst.	3.0				
• PE 295	..... (none)	.....Internship in PE/Health Education	2-4				
• PSY 105	..... (PSYCH 105)	..Applied Behavior Analysis	2.0				

*Plus 6-8 units (2 courses) of Controlled Electives:*

• CHEM 101	..... (1)	.....Introductory Chemistry <sup>A</sup>	<b>OR</b>	4.0			
CHEM 104	..... (4)	.....Fund. of General, Org, & Biol. Chem <sup>A</sup>		4.0			
• PHYS 101	..... (1)	.....Conceptual Physics <sup>A</sup>	<b>OR</b>	3.0			
PHYS 101H	..... (101HR)	.....Conceptual Physics, Honors <sup>A</sup>		4.0			
• PSY 100	..... (PSYCH 100/1)	..General Psychology <sup>B</sup>	<b>OR</b>	3.0			
PSY 100H	..... (PSYCH 100HR)	..General Psychology, Honors <sup>B</sup>		4.0			

*Plus 5 units of Controlled Physical Education Activities:*

• PE 106ABC	..... (none)	.....Spinning for Fitness <sup>E3</sup>	<b>OR</b>	1.0			
PE 134	..... (none)	.....Swimming for Conditioning <sup>E3</sup>	<b>OR</b>	1.0			
PE 148AB	..... (none)	.....Walking/Jogging for Fitness <sup>E3</sup>	<b>OR</b>	1.0			
PE 220	..... (none)	.....Ocean Swimming <sup>E3</sup>		1.0			
• PE 139	..... (none)	.....Pilates Mat Fitness <sup>E3</sup>	<b>OR</b>	1.0			
PE 146	..... (none)	.....Stretching & Relaxation <sup>E3</sup>	<b>OR</b>	1.0			
PE 176	..... (none)	.....Fitness Yoga <sup>E3</sup>		1.0			
• PE 144ABC	..... (none)	.....Weight Training <sup>E3</sup>		1.0			
• PE 112	..... (none)	.....Body Condit. Boot Camp <sup>E3</sup>	<b>OR</b>	1.0			
PE 138A	..... (138)	.....Beginning Cardio Boxing <sup>E3</sup>	<b>OR</b>	1.0			
PE 145ABC	..... (none)	.....Aerobic Conditioning <sup>E3</sup>		1.0			
• PE 149	..... (none)	.....Life Fitness <sup>E3</sup>		1.0			

**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, 965-0581, Ext. 2322. Check your degree progress with DARS U-Achieve at [www.sbccc.edu/DARS](http://www.sbccc.edu/DARS).

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

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>			

\*\*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: \_\_\_\_\_



Santa Barbara City College

## Physical Education: Emphasis in Exercise Science

*2011-12*

**Associate of Arts Degree in Physical Education:  
Emphasis in Exercise Science**

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. The AA degree in Physical Education with an Emphasis in Exercise Science is endorsed by the American College of Sports Medicine (ACSM), the nationally recognized leader in physical fitness certification. Students completing the AA degree in Physical Education with emphasis in Exercise Science can take the ACSM Health/Fitness Instructor (HFI) certification examination at SBCC. The HFI is a professional qualified to assess, design, and implement individual and group exercise and fitness programs for low or high risk individuals as well as those with controlled disease.

**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.

