

PHYSICAL EDUCATION AND HEALTH, ASSOCIATE OF ARTS DEGREE

Area of Emphasis

3_AA_PEHL

Program Level Student Learning Outcomes

Upon completion of this program, students will be able to:

1. Apply major theories and concepts of health, nutrition, and fitness to improve one's overall wellness and to guide others to make healthy lifestyle choices.
2. Direct, practice, and organize sports and recreation activities.

Associate Degree Requirements

Unit Requirement

Complete at least 60 units of acceptable college work with a minimum of 12 units completed in residence at Coastline. Earn an overall grade point average of 2.0 or higher from all colleges attended and a 2.0 or higher grade point average at Coastline.

*Students must be in good academic standing (not on probation and/or disqualification) during the semester graduation is petitioned.

Program of Study

Complete the required courses in one of the programs as detailed in the Academic/Career/Certificate Programs section of this catalog. All coursework must be completed with a grade of C or higher.

General Education

Complete one of the three General Education options below:

Option 1 – Coastline General Education: designed for students pursuing an Associate degree and who may or may not be planning to transfer to a four-year university. The degree is transferable to many colleges and universities.

Option 2—CSU GE Breadth: designed for students who are planning to transfer to a university in the CSU system. It may also be appropriate for transfer to some independent colleges and universities.

Option 3—IGETC: designed for students who are planning to transfer to a university in the CSU or UC system. It also may be appropriate for transfer to some independent colleges and universities.

Global and Multicultural Studies Requirement

Complete at least 2.5 units from any Global and Multicultural Studies courses.

| Course | Title | Units |
|--|-----------|-------|
| Select at least 18 units of the following: | | |
| A minimum of 9 units must be in non-activity courses such as Health Education, Foods and Nutrition, or Exercise Physiology | | |
| Non-activity and Exercise Physiology courses | | 9-18 |
| FN C170 | Nutrition | 3 |

| Course | Title | Units |
|--|--|--------------|
| FN C225 | Nutrition and Aging | 3 |
| HLTH C100 | Personal Health | 3 |
| HLTH C223 | Healthy Aging | 3 |
| KIN C289 | Exercise Assessment and Program Implementation | 3 |
| KIN C190 | Physiology of Exercise | 3 |
| Physical Education | | 0-9 |
| Any activity course numbered C100 or above | | |
| PE C102 | Lifetime Fitness | |
| PE C115 | Tai Chi Beginning | |
| PE C115 | Tai Chi Beginning | |
| PE C118A | Introduction to Yoga 1 | |
| PE C118B | Introduction to Yoga 2 | |
| PE C119A | Hatha Yoga 1 | |
| PE C119B | Hatha Yoga 2 | |
| PE C121A | Power Yoga 1 | |
| PE C121B | Power Yoga 2 | |
| PE C126A | Relaxation Movements 1 | |
| PE C126B | Relaxation Movements 2 | |
| PE C169A | Self Defense Arts | |
| PE C169B | Self Defense Arts 2 | |
| Subtotal for Area of Emphasis | | 18 |
| Requirement | | Units |
| Total Units for Major Preparation | | 18 |
| Degree Option 1, 2, or 3 | | Varies |
| Electives to satisfy unit requirement | | Varies |
| Total Degree Units | | 60 |