

# PHYSICAL EDUCATION, A.A.

The major requirement for a non-transfer Associate in Arts degree in Physical Education may be met by completing a minimum of 18 units in Physical Education from the following areas: 12 units from the PE core requirements, at least 6 units from the elective requirements and one GE course from GE group #1, one course from GE group #2 and meeting all other MSJC General Education Option A requirements (for a total of 60 units).

AA.PE

## Program Map Design Your Future!

Begin by exploring MSJC program maps to find career or transfer (<https://msjc.emsicc.com/?radius=&region=All%20Regions>) opportunities. Program maps show the recommended course sequence that leads to graduation or transfer. The maps were developed by program experts to give you the skills and knowledge you need to succeed.

- **Starting in Spring?** Choose Fall Semester 1 courses.
- **Are you a part-time student?** Start Fall Semester 1 courses and follow the course sequence.

## MSJC General Education Option A

Fall Semester 1		Units
ENGL-101	College Composition	3
COMM-100	Public Speaking	3
MATH-140	Introduction to Statistics	3
CSCR-100	College Success and Career Readiness	3
PE-195	Introduction to Kinesiology	3
<b>Units</b>		<b>15</b>
Spring Semester 1		
PE-115	First Aid and CPR	3
ENGL-103	Critical Thinking and Writing	3
HIST-112 or PS-101	U.S. History Since 1865 or Introduction to American Government and Politics	3
Select three units of the following:		3
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	
PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
PE-132	Beginning Tennis	
PE-132B	Intermediate Tennis	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	

PEIC-139	Intercollegiate Sports: Soccer (Women)	
PEIC-139A	Pre-Season Athletics: Soccer (Women)	
PEIC-139B	Off-Season Athletics: Soccer (Women)	
PEIC-140	Intercollegiate Sports: Football (Men)	
PEIC-140A	Pre-Season Athletics: Football (Men)	
PEIC-140B	Off-Season Athletics: Football (Men)	
PEIC-141A	Intercollegiate Sports: Basketball (Men) Pre-Conference Competition	
PEIC-141B	Intercollegiate Sports: Basketball (Men) Conference and Post- Conference Competition	
PEIC-141C	Pre-Season Athletics: Basketball (Men)	
PEIC-141D	Off-Season Athletics: Basketball (Men)	
PEIC-142	Intercollegiate Sports: Volleyball (Women)	
PEIC-142A	Pre-Season Athletics: Volleyball (Women)	
PEIC-142B	Off-Season Athletics: Volleyball (Women)	
PEIC-143A	Intercollegiate Sports: Basketball (Women) Pre-Conference Competition	
PEIC-143B	Intercollegiate Sports: Basketball (Women) Conference and Post- Conference Competition	
PEIC-143C	Pre-Season Athletics: Basketball (Women)	
PEIC-143D	Off-Season Athletics: Basketball (Women)	
PEIC-144	Intercollegiate Sports: Baseball (Men)	
PEIC-144A	Pre-Season Athletics: Baseball (Men)	
PEIC-144B	Off-Season Athletics: Baseball (Men)	
PEIC-145	Intercollegiate Sports: Tennis (Men)	
PEIC-145A	Pre-Season Athletics: Tennis (Men)	
PEIC-145B	Off-Season Athletics: Tennis (Men)	
PEIC-146	Intercollegiate Sports: Tennis (Women)	
PEIC-146A	Pre-Season Athletics: Tennis (Women)	
PEIC-146B	Off-Season Athletics: Tennis (Women)	
PEIC-147	Intercollegiate Sports: Golf	
PEIC-147A	Pre-Season Athletics: Golf	
PEIC-147B	Off-Season Athletics: Golf	
PEIC-148	Intercollegiate Sports: Softball (Women)	
PEIC-148A	Pre-Season Athletics: Softball (Women)	
PEIC-150	Intercollegiate Sports: Beach Volleyball (Women)	
PEIC-150A	Pre-Season Athletics: Beach Volleyball ( Women)	
PEIC-150B	Off-Season Athletics: Beach Volleyball (Women)	
NUTR-100	Family Nutrition	3
<b>Units</b>		<b>15</b>
Fall Semester 2		
DAN-100	History and Appreciation of Dance	3
BIOL-100	Human Biology	4
Select four units of the following:		4
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	

PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
PE-132	Beginning Tennis	
PE-132B	Intermediate Tennis	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	
PEIC-139	Intercollegiate Sports: Soccer (Women)	
PEIC-139A	Pre-Season Athletics: Soccer (Women)	
PEIC-139B	Off-Season Athletics: Soccer (Women)	
PEIC-140	Intercollegiate Sports: Football (Men)	
PEIC-140A	Pre-Season Athletics: Football (Men)	
PEIC-140B	Off-Season Athletics: Football (Men)	
PEIC-141A	Intercollegiate Sports: Basketball (Men) Pre-Conference Competition	
PEIC-141B	Intercollegiate Sports: Basketball (Men) Conference and Post- Conference Competition	
PEIC-141C	Pre-Season Athletics: Basketball (Men)	
PEIC-141D	Off-Season Athletics: Basketball (Men)	
PEIC-142	Intercollegiate Sports: Volleyball (Women)	
PEIC-142A	Pre-Season Athletics: Volleyball (Women)	
PEIC-142B	Off-Season Athletics: Volleyball (Women)	
PEIC-143A	Intercollegiate Sports: Basketball (Women) Pre-Conference Competition	
PEIC-143B	Intercollegiate Sports: Basketball (Women) Conference and Post- Conference Competition	
PEIC-143C	Pre-Season Athletics: Basketball (Women)	
PEIC-143D	Off-Season Athletics: Basketball (Women)	
PEIC-144	Intercollegiate Sports: Baseball (Men)	
PEIC-144A	Pre-Season Athletics: Baseball (Men)	
PEIC-144B	Off-Season Athletics: Baseball (Men)	
PEIC-145	Intercollegiate Sports: Tennis (Men)	
PEIC-145A	Pre-Season Athletics: Tennis (Men)	
PEIC-145B	Off-Season Athletics: Tennis (Men)	
PEIC-146	Intercollegiate Sports: Tennis (Women)	
PEIC-146A	Pre-Season Athletics: Tennis (Women)	
PEIC-146B	Off-Season Athletics: Tennis (Women)	
PEIC-147	Intercollegiate Sports: Golf	
PEIC-147A	Pre-Season Athletics: Golf	
PEIC-147B	Off-Season Athletics: Golf	
PEIC-148	Intercollegiate Sports: Softball (Women)	
PEIC-148A	Pre-Season Athletics: Softball (Women)	
PEIC-150	Intercollegiate Sports: Beach Volleyball (Women)	
PEIC-150A	Pre-Season Athletics: Beach Volleyball ( Women)	
PEIC-150B	Off-Season Athletics: Beach Volleyball (Women)	
PE-110	Prevention and Care of Athletic Injuries	3

PE-126	Sport Psychology	3
<b>Units</b>		<b>17</b>
<b>Spring Semester 2</b>		
PSYC-101	Introduction to Psychology	3
Select three units of the following:		3
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	
PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
PE-132	Beginning Tennis	
PE-132B	Intermediate Tennis	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	
PEIC-139	Intercollegiate Sports: Soccer (Women)	
PEIC-139A	Pre-Season Athletics: Soccer (Women)	
PEIC-139B	Off-Season Athletics: Soccer (Women)	
PEIC-140	Intercollegiate Sports: Football (Men)	
PEIC-140A	Pre-Season Athletics: Football (Men)	
PEIC-140B	Off-Season Athletics: Football (Men)	
PEIC-141A	Intercollegiate Sports: Basketball (Men) Pre-Conference Competition	
PEIC-141B	Intercollegiate Sports: Basketball (Men) Conference and Post- Conference Competition	
PEIC-141C	Pre-Season Athletics: Basketball (Men)	
PEIC-141D	Off-Season Athletics: Basketball (Men)	
PEIC-142	Intercollegiate Sports: Volleyball (Women)	
PEIC-142A	Pre-Season Athletics: Volleyball (Women)	
PEIC-142B	Off-Season Athletics: Volleyball (Women)	
PEIC-143A	Intercollegiate Sports: Basketball (Women) Pre-Conference Competition	
PEIC-143B	Intercollegiate Sports: Basketball (Women) Conference and Post- Conference Competition	
PEIC-143C	Pre-Season Athletics: Basketball (Women)	
PEIC-143D	Off-Season Athletics: Basketball (Women)	
PEIC-144	Intercollegiate Sports: Baseball (Men)	
PEIC-144A	Pre-Season Athletics: Baseball (Men)	
PEIC-144B	Off-Season Athletics: Baseball (Men)	
PEIC-145	Intercollegiate Sports: Tennis (Men)	
PEIC-145A	Pre-Season Athletics: Tennis (Men)	
PEIC-145B	Off-Season Athletics: Tennis (Men)	
PEIC-146	Intercollegiate Sports: Tennis (Women)	
PEIC-146A	Pre-Season Athletics: Tennis (Women)	
PEIC-146B	Off-Season Athletics: Tennis (Women)	
PEIC-147	Intercollegiate Sports: Golf	

PEIC-147A	Pre-Season Athletics: Golf	
PEIC-147B	Off-Season Athletics: Golf	
PEIC-148	Intercollegiate Sports: Softball (Women)	
PEIC-148A	Pre-Season Athletics: Softball (Women)	
PEIC-150	Intercollegiate Sports: Beach Volleyball (Women)	
PEIC-150A	Pre-Season Athletics: Beach Volleyball ( Women)	
PEIC-150B	Off-Season Athletics: Beach Volleyball (Women)	
HS-121	Fundamentals of Healthful Living	3
Select one of the following:		3
ETHS/PS-103	Ethnic Politics in America	
ETHS-112	Introduction to Chicana/o/x Studies	
ETHS/SJS-113	Introduction to Black Studies	
ETHS/HIST-160	Black History in American Context	
ETHS/LIT-240	American Indian Literature	
ETHS/LIT-275	Latinx/Chicanx Literature	
ETHS/LIT-280	Multiethnic Literature (formerly ENGL-280)	
ANTH/HIST-121	Indigenous Peoples of California	
PE-106	Sports Officiating	3
<b>Units</b>		<b>15</b>
<b>Total Units</b>		<b>62</b>

Note: AREA G (Math Competency) can be demonstrated by a high school math course at or above the level of Algebra 2 with a grade of C or better.

## Requirements

An Associate Degree in this program requires students to complete MSJC's local General Education, Option A, by fulfilling all general education areas. In addition, students must complete all major requirements and complete an overall total of 60 degree applicable units with a minimum 2.0 GPA.

Course	Title	Credits
<b>MSJC General Education Option A (<a href="https://catalog.msjc.edu/degrees-certificates-curricula/general-education-option-a/">https://catalog.msjc.edu/degrees-certificates-curricula/general-education-option-a/</a>)</b>		<b>24</b>
<b>Required PE Core Courses</b>		<b>12</b>
<b>PE Electives</b>		<b>6</b>
<b>Electives (as needed to reach 60 units)</b>		

Course	Title	Credits
<b>Required GE Group 1 Courses</b>		
Select one of the following:		
ANAT-101	Human Anatomy & Physiology I (or higher)	
BIOL-100	Human Biology (or higher)	
or BIOL-100H	Honors Human Biology	
CHEM-100	Introduction to Chemistry (or higher)	
<b>Required GE Group 2 Courses</b>		
Select one of the following:		
HS-121	Fundamentals of Healthful Living	
HS-123	Drugs, Health and Society (formerly Drugs: Use and Abuse)	
NUTR-100	Family Nutrition	
or NUTR-100H	Honors Family Nutrition	

NUTR-101	Introduction to Nutrition Science	
or NUTR-101H	Honors Introduction to Nutrition Science	
<b>Required Courses</b>		
PE-106	Sports Officiating	3
PE-110	Prevention and Care of Athletic Injuries	3
PE-115	First Aid and CPR	3
PE-195	Introduction to Kinesiology	3
<b>Electives</b>		
Select six units of the following:		6
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	
PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
PE-132	Beginning Tennis	
PE-132B	Intermediate Tennis	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	
PEIC-139	Intercollegiate Sports: Soccer (Women)	
PEIC-139A	Pre-Season Athletics: Soccer (Women)	
PEIC-139B	Off-Season Athletics: Soccer (Women)	
PEIC-140	Intercollegiate Sports: Football (Men)	
PEIC-140A	Pre-Season Athletics: Football (Men)	
PEIC-140B	Off-Season Athletics: Football (Men)	
PEIC-141A	Intercollegiate Sports: Basketball (Men) Pre-Conference Competition	
PEIC-141B	Intercollegiate Sports: Basketball (Men) Conference and Post- Conference Competition	
PEIC-141C	Pre-Season Athletics: Basketball (Men)	
PEIC-141D	Off-Season Athletics: Basketball (Men)	
PEIC-142	Intercollegiate Sports: Volleyball (Women)	
PEIC-142A	Pre-Season Athletics: Volleyball (Women)	
PEIC-142B	Off-Season Athletics: Volleyball (Women)	
PEIC-143A	Intercollegiate Sports: Basketball (Women) Pre-Conference Competition	
PEIC-143B	Intercollegiate Sports: Basketball (Women) Conference and Post- Conference Competition	
PEIC-143C	Pre-Season Athletics: Basketball (Women)	
PEIC-143D	Off-Season Athletics: Basketball (Women)	
PEIC-144	Intercollegiate Sports: Baseball (Men)	
PEIC-144A	Pre-Season Athletics: Baseball (Men)	
PEIC-144B	Off-Season Athletics: Baseball (Men)	
PEIC-145	Intercollegiate Sports: Tennis (Men)	
PEIC-145A	Pre-Season Athletics: Tennis (Men)	
PEIC-145B	Off-Season Athletics: Tennis (Men)	

PEIC-146	Intercollegiate Sports: Tennis (Women)
PEIC-146A	Pre-Season Athletics: Tennis (Women)
PEIC-146B	Off-Season Athletics: Tennis (Women)
PEIC-147	Intercollegiate Sports: Golf
PEIC-147A	Pre-Season Athletics: Golf
PEIC-147B	Off-Season Athletics: Golf
PEIC-148	Intercollegiate Sports: Softball (Women)
PEIC-148A	Pre-Season Athletics: Softball (Women)
PEIC-148B	Off-Season Athletics: Softball (Women)
PEIC-150	Intercollegiate Sports: Beach Volleyball (Women)
PEIC-150A	Pre-Season Athletics: Beach Volleyball ( Women)
PEIC-150B	Off-Season Athletics: Beach Volleyball (Women)
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<b>Total Units</b>	<b>18</b>

## Career Exploration

Discover information about careers that interest you!

1. Take a **Career Quiz** (<https://msjc.emsicc.com/assessment/>) to learn about yourself and receive career suggestions based on your interests.
2. Search available **in-demand jobs** (<https://msjc.emsicc.com/browse-careers/>) in your career areas of interest and find up-to-date salaries and education requirements.
3. Find the **MSJC Program** (<https://msjc.emsicc.com/browse-programs/>) that connects your interests to a career.

Note: There are no guaranteed positions for students completing these programs. Education and work experience required will vary by employer. The salary and benefits for specific occupations will be dependent on work experience, education, background, and employer.