DEGREES, CERTIFICATES AND AWARDS
Associate in Science Degree (A.S.)

DESCRIPTION
The Physical Education Associate of Science degree provides an educational and practical foundation for students interested in multiple professions within the area of physical education/kinesiology. Topics include introduction to physical education, care and prevention of athletic injuries, exercise leadership, first aid and CPR, psychology of coaching, nutrition, dance, fitness, and sport. Students who work closely with their counselor can use this degree to prepare for majoring in kinesiology at a four-year institution.

PROGRAM LEARNING OUTCOMES
1. List various occupations in the field of physical education and exercise science, and then summarize the educational requirements for employment in each field.
2. Identify common injuries in the field of athletics and physical education, and then discuss shortterm and long-term treatment plans.
3. Demonstrate skills needed to meet the minimal certification standards when performing first aid and CPR as required by either the American Red Cross (ARC) or American Heart Association (AHA).
4. Demonstrate safe and effective exercise techniques, as well as improved fitness in the four areas of exercise principles (Cardio-respiratory Endurance, Muscular Strength and Endurance, Flexibility, and Body Composition).

ASSOCIATE DEGREE AND CERTIFICATE OF ACHIEVEMENT PROGRAMS
The Associate in Arts (AA) or the Associate in Science (AS) Degree involves satisfactory completion of a minimum of 60 semester units with a C average or higher, including grades of C in all courses required for the major, and fulfillment of all IVC district requirements for the associate’s degree along with all general education requirements. The degree provides a sound basis for transfer to upper division institutions for additional degrees or for higher vocational preparation. To be eligible to receive an Associate Degree the student must complete the requirements for the major, the District requirements for an Associate Degree, and the General Education requirements. In addition students must maintain a minimum grade point average and meet the minimum grade requirements of their program. Detailed information is available in the college catalog.

The Certificate of Achievement program is designed for students with personal or occupational goals who wish early employment. To qualify for the Certificate, a student must satisfy the following requirements: (1) complete all courses listed for a particular certificate; (2) achieve a “C” average (2.0 GPA) for all courses used to complete the certificate; and, (3) file a Certificate Application form with Admissions and Records by the appropriate deadline(s) identified on the application.

CAREER OPPORTUNITIES
Of the career opportunities identified some will usually require the completion of degree requirements at 4-year colleges and universities.

• Athletic Administrator  • Health and Safety Director  • Sports Journalist
• Athletic Trainer  • Health/Sport Club Manager  • Teacher
• Coach  • Personal Trainer
• Public/Private/Non-Profit Organization Recreation Director
• Resort Activities Director/Coordinator

Students earning the Associate in Science degree in Physical Education may find employment as assistant level positions in the K-12 school system, the fitness industry or recreational settings.

Gainful Employment: Federal regulations require institutions to provide students with Gainful Employment information for specific certificate programs offered at IVC. Please click on our Programs of Study link to view the information for each certificate program: http://www.imperial.edu/courses-and-programs/programs-of-study/

TRANSFER PREPARATION
Courses that fulfill major requirements for an associate degree at Imperial Valley College may not be the same as those required for completing the major at a transfer institution offering a bachelor’s degree. Students who plan to transfer to a four-year college or university should schedule an appointment with an IVC Counselor to develop a student education plan (SEP) before beginning their program.

Transfer Resources:
- www.ASSIST.org – CSU and UC Articulation Agreements and Majors Search Engine
- www.CSUMentor.edu – CSU System Information
- www.uccs.edu – California Independent Colleges and Universities, Association of
- http://wiche.edu/wue - Western Undergraduate Exchange Programs

FINANCIAL AID
Paying for the cost of a college education requires a partnership among parents, students and the college. As the cost of higher education continues to rise we want you to know that IVC offers a full array of financial aid programs – grants, work study, scholarships, and fee waivers (we do not participate in the federal loan programs). These programs are available to both full and part time students who are seeking a degree or certificate. For those who qualify, financial aid is available to help with tuition, fees, books and supplies, food, housing, transportation, and childcare. Please log onto our website for additional information: www.imperial.edu/students/financial-aid-and-scholarships/
ASSOCIATE DEGREE PROGRAM

PHYSICAL EDUCATION MAJOR – A.S. DEGREE

Nineteen to twenty (19.0-20.0) units required for the major.

All courses for this major must be completed with a minimum grade of "C" or better.

I. Required courses for the major (13.0 units)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Principles of Biological Science</td>
<td>4.0</td>
</tr>
<tr>
<td>HE 104</td>
<td>First Aid and CPR</td>
<td>3.0</td>
</tr>
<tr>
<td>PE 209</td>
<td>Introduction to Physical Education</td>
<td>3.0</td>
</tr>
<tr>
<td>PE 219</td>
<td>Introduction to Athletic Training</td>
<td>3.0</td>
</tr>
</tbody>
</table>

II. Activity Requirement

Select a minimum of one course from three (3) areas for a total of four (4.0) units:

- **Adaptive**
  - PE 130 Adapted Physical Exercises 1.0
  - PE 131 Adapted Sports 1.0

- **Aquatics**
  - PE 107 Aquatic Exercise 1.0
  - PE 121 Beginning to Intermediate Swimming 1.0
  - PE 122 Lifeguard Training 2.0
  - PE 123 Water Safety Instructor Training 2.0
  - PE 142 Advanced Swimming 1.0

- **Fitness**
  - PE 102 Physical Fitness 1.0
  - PE 103 Physical Fitness – Women 1.0
  - PE 104 Weight Training 1.0
  - PE 106 Walking/Jogging Fitness 1.0
  - PE 111 Aerobics – Step 1.0

- **Individual/Team Sports**
  - PE 143 Advanced Basketball – Men 1.0
  - PE 144 Advanced Basketball – Women 1.0
  - PE 112 Basketball – Men 1.0
  - PE 113 Basketball – Women 1.0
  - PE 120 Softball 1.0
  - PE 126 Tennis 1.0
  - PE 127 Tennis – Advanced 1.0
  - PE 128 Volleyball 1.0
  - PE 129 Volleyball – Advanced 1.0
  - PE 170 Bowling – Beginning 1.0
  - PE 171 Bowling – Intermediate 1.0
  - PE 172 Bowling – Advanced 1.0

- **Intercollegiate Athletics**
  - ATHL 120 Intercollegiate Cross Country and PE 2.0
  - ATHL 121 Out-of-Season Intercollegiate Cross Country and PE 2.0
  - ATHL 122 Intercollegiate Volleyball and PE 2.0
  - ATHL 123 Out-of-Season Intercollegiate Volleyball and PE 2.0
  - ATHL 124 Intercollegiate Men’s Soccer and PE 2.0
  - ATHL 125 Out-of-Season Intercollegiate Men’s Soccer and PE 2.0
  - ATHL 126 Intercollegiate Women’s Soccer and PE 2.0
  - ATHL 127 Out-of-Season Intercollegiate Women’s Soccer and PE 2.0
  - ATHL 128 Intercollegiate Men’s Basketball and PE 1 2.0
  - ATHL 129 Intercollegiate Men’s Basketball and PE 2.0
  - ATHL 130 Intercollegiate Women’s Basketball and PE 1 2.0
  - ATHL 131 Intercollegiate Women’s Basketball and PE 2.0
  - ATHL 132 Out-of-Season Intercollegiate Baseball and PE 2.0
  - ATHL 133 Intercollegiate Baseball and PE 2.0
  - ATHL 134 Out-of-Season Intercollegiate Softball and PE 2.0
  - ATHL 135 Intercollegiate Softball and PE 2.0
  - ATHL 136 Out-of-Season Intercollegiate Men’s Tennis and PE 2.0
  - ATHL 137 Intercollegiate Men’s Tennis and PE 2.0
  - ATHL 138 Out-of-Season Intercollegiate Women’s Tennis and PE 2.0
  - ATHL 139 Intercollegiate Women’s Tennis and PE 2.0

III. Theory/Practicum Requirement – Select one course (2.0-3.0 units):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 200</td>
<td>Theory of Baseball</td>
<td>2.0</td>
</tr>
<tr>
<td>PE 201</td>
<td>Theory of Basketball</td>
<td>2.0</td>
</tr>
<tr>
<td>PE 202</td>
<td>Theory of Softball</td>
<td>2.0</td>
</tr>
<tr>
<td>PE 203</td>
<td>Theory of Volleyball</td>
<td>2.0</td>
</tr>
<tr>
<td>PE 211</td>
<td>PE in the Elementary School</td>
<td>3.0</td>
</tr>
<tr>
<td>PE 221</td>
<td>Psychology of Coaching</td>
<td>2.0</td>
</tr>
<tr>
<td>PE 222</td>
<td>Sports Officiating</td>
<td>3.0</td>
</tr>
</tbody>
</table>

Total Major Units 19.0-20.0

IVC Graduation Requirements and GE Pattern: 30.0

Electives (as needed to reach 60 degree applicable units) __________

Total Maximum Units: 60.0