

# ASSOCIATE OF ARTS IN LIBERAL ARTS - PATHWAY TO HEALTH AND PHYSICAL EDUCATION (AA)

This program is designed for students seeking a broad knowledge base in the Liberal Arts, plus additional course work in an area of emphasis. This program would be an ideal selection for those students pursuing an introductory career in the Health and Physical Education Careers. Due to variations in admissions into programs, careers, and major requirements, selection of an emphasis should be done in collaboration with a COS counselor.

## Program Outcomes

- Upon completion of this program, a student will be prepared for a pre-professional Health and Physical Education Fields

## Career Opportunities

Access to programs, careers, and entry-level employment in Health and Physical Education Fields.

## Program Requirements

Code	Title	Units
GENERAL EDUCATION AND SUBJECT REQUIREMENTS		25
College of the Sequoias' Associate Degree General Education (COS-GE)*		
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REQUIRED MAJOR COURSES		18
Complete a minimum of 18 units with a "C" grade or better from the following courses. Courses used to fulfill the general education requirements listed above may be counted as part of this 18-unit minimum.		
Select nine units from the following health and wellness core courses. In addition, selection nine units from Option A or Option B:		
HW 001	Personal and Community Health *	3
HW 003	First Aid/CPR/AED	3
HW 007	Sports Health *	3
HW/SMED 060	Concepts in Health and Fitness	3
HW 104	Drugs and Society	3
HW/NUTR 119	Nutrition for Fitness	3
KINE 001	Introduction to Kinesiology	3
KINE 082	Introduction to the Theory of Coaching	2
KINE 084	Theory of Football	2
KINE 088	Sport and Exercise Psychology	3
KINE 093	Women's Health, Fitness & Self Defense	3
NUTR 018	Nutrition *	3
SMED 040	Introduction to Sports Injuries	3
+		
OPTION A - PHYSICAL EDUCATION		
Select nine units from any of the Physical Education, Dance, and/or Intercollegiate Athletics courses:		

### Physical Education

PEAC 001	Aerobic Conditioning	1
PEAC 002	Non-Impact Aerobics	1
PEAC 003	Step Aerobics	1
PEAC 004	Circuit Training	1
PEAC 008	Beginning Swimming	1
PEAC 009	Intermediate Swimming	1
PEAC 010	Advanced Swimming	1
PEAC 011	Swimming for Fitness	1
PEAC 015	Fundamentals of Baseball	1
PEAC 016	Conditioning for Baseball	1
PEAC 017	Techniques of Baseball	1
PEAC 021	Beginning Basketball	1
PEAC 022	Intermediate Basketball	1
PEAC 025	Fundamentals of Football	1
PEAC 036	Stretch and Tone	1
PEAC 037	Pilates Mat Class	1
PEAC 038	Introduction to Yoga	1
PEAC 039	Hatha Yoga Fundamentals	1
PEAC 042	Soccer	1
PEAC 046	Women's Softball-Beginning	1
PEAC 048	Women's Softball - Advanced	1
PEAC 052	Beginning Tennis	1
PEAC 053	Intermediate Tennis	1
PEAC 056	Beginning Track and Field	1
PEAC 060	Varsity Performance 1	2
PEAC 061	Varsity Performance 2	2
PEAC 064	Beginning Volleyball	1
PEAC 065	Intermediate Volleyball	1
PEAC 068	Beginning Fitness Walking	1
PEAC 069	Intermediate Fitness Walking	1
PEAC 070	Walk/Jog for Aerobic Fitness	1
PEAC 071	Cross Interval Training	1
PEAC 074	Beginning Weight Training	1
PEAC 075	Intermediate Weight Training	1
PEAC 076	Advanced Strength and Body Building Principles	2
PEAC 177	Cheer and Stunt	1
PEAC 262	Cheer Fitness 1	1
PEAC 263	Cheer Fitness 2	1
Intercollegiate Athletics		
IA 001AD	Intercollegiate Varsity Baseball	3
IA 002AD	Intercollegiate Men's Basketball	1.5
IA 003AD	Intercollegiate Women's Basketball	1.5
IA 006AD	Intercollegiate Football	3
IA 008AD	Intercollegiate Women's Softball	3
IA 012AD	Intercollegiate Women's Tennis	3
IA 016AD	Intercollegiate Women's Volleyball	3
IA 023AD	Intercollegiate Track and Field	3
IA 024AD	Intercollegiate Cross Country	3
IA 029AD	Intercollegiate Swimming/Diving	3
IA 030AD	Intercollegiate Women's Soccer	3
IA 031AD	Intercol Women's Equestrian	1.5

IA 032AD	Intercollegiate Men's Soccer	3	with a "C" (2.0) average (see Associate Degree Requirements ( <a href="https://catalog.cos.edu/associate-degree-requirements/">https://catalog.cos.edu/associate-degree-requirements/</a> ) for additional details).
IA 047AD	Strategies of Sport	1	
IA 049AD	Performance of Sport	1	
IA 051AD	Power Lifting for Athletes	2	
Dance			
DANC 041	Musical Theatre Performance - Dance	2	
DANC 050	Ballet 1	1	
DANC 051	Ballet 2	1	
DANC 054	Modern Dance 1	1	
DANC 055	Modern Dance 2	1	
DANC 056	Contemporary Dance	1	
DANC 058	Jazz Dance 1	1	
DANC 059	Jazz Dance 2	1	
DANC 061	Jazz Dance Styles 2	1	
DANC 062	Tap Dancing 1	1	
DANC 063	Tap Dancing 2	1	
DANC 070	Hip Hop	1	
DANC 071	Dance Crew	1	
DANC 080	Choreography	1	
DANC 081	Studies in Choreography	1	
DANC 082	Contemporary Dance 2	1	
DANC 085	Dance Production 1	1	
DANC 160	Jazz Dance Styles	1	
OR			
OPTION B - SPORTS MEDICINE			
Select nine units from any introductory Sports Medicine Courses:			
SMED 151	Lower Extremities Assessment	2	
SMED 152	Lower Extremities Rehabilitation	2	
SMED 153	Upper Extremities Assessment	2	
SMED 154	Upper Extremities Rehabilitation	2	
SMED 181	Athletic Training Clinical 1	1	
SMED 182	Athletic Training Clinical 2	1	
SMED 183	Athletic Training Clinical 3	1	
SMED 184	Athletic Training Clinical 4	1	
WEXP 193Y	Sport Medicine Work Experience – First Semester	1-4	
WEXP 194 Y	Sports Med Wrk Exp - 2nd Sem	1-4	
WEXP 195 Y	Sports Med Wrk Exp - 3rd Sem	1-4	
WEXP 196 Y	Sports Med Wrk Exp - 4th Sem	1-4	
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ELECTIVES		25	
Select additional degree applicable courses numbered 1-299 to achieve 60 units.			
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TOTAL		60	

\* Courses meet General Education requirements and 6 units may double count above in COS-GE. Also, any of the PE or IA courses required for this major will meet the PE subject requirement for graduation and 2 units may double count above in COS-GE.

The Associate of Arts in Liberal Arts with an Area of Emphasis requirements include completion of the 60 unit program defined above with at least 12 units taken in residence at College of the Sequoias