


PHYSICAL EDUCATION

San Jacinto Campus
 (951) 487-MSJC (6752)
 1-800-624-5561
 Serinna Eason (951) 487-3597
 season@msjc.edu

Menifee Valley Campus
 (951) 672-MSJC (6752)
 1-800-452-3335

Degree(s)

Transfer:

 A.A.-T in Kinesiology for Transfer 35689 AS.KINE.OPTBAST or 35689 AS.KINE.OPTCAST

(using General Education Requirements Option B or C)

Non-Transfer:

A.A. in Physical Education 4396 AA.PE

(with General Education Requirements Option A)

Certificate(s)

None

Employment Concentration Certificate(s)

None

PROGRAM DESCRIPTION

The Physical Education Department offers a non-transfer degree in physical education as well as a transfer degree in Kinesiology. It offers extensive courses including fitness and activity courses, and theory courses to increase understanding of competitive sports.

Physical Education is both an activity curriculum and an academic area of study emphasizing the physical and psychological aspects of human movement and performance. Exercise, activity and sports are an important component in the development of well-rounded individuals interested in physical and mental well-being and the productive use of leisure time.

CAREER OPPORTUNITIES

All career opportunities listed are representative careers in each field. There are no guaranteed positions for students completing these programs. ([See: www.onetonline.org](http://www.onetonline.org))

Transfer Degree

For BA/BS careers, please see your transfer institution.

Non-Transfer Degree

Coaching, Referee, Umpire, Events Broadcasting, Scouts, Sports, Competitor, Amusement and Recreation Attendant, Recreation and Fitness Worker, Recreation Industries

TRANSFER PREPARATION

Kinesiology

MSJC offers a range of course work to prepare students to transfer to four-year colleges and universities. All four-year institutions prescribe their own standards for course evaluation and admissions. Prospective transfer students are advised to research careers, degrees and majors in the Career/Transfer Center, access www.assist.org, review the MSJC catalog and meet with a counselor to expedite their transfer plan.

Physical Education

MSJC offers a range of course work to prepare students to transfer to four-year colleges and universities. Courses that fulfill major requirements for an associate degree in this program might not be the same as those required for transfer into the major at a four-year university. All four-year institutions prescribe their own standards for course evaluation and admissions. Prospective transfer students are advised to research careers, degrees and majors in the Career/Transfer Center, access www.assist.org, review the MSJC catalog and meet with a counselor to expedite their transfer plan.

LEARNING OUTCOMES

- Explore and prepare for educational and career options in Physical Education, Kinesiology, Exercise Science, Nutrition, and Athletic Coaching.
- Explore the anatomical, biomechanical and physiological components of human movement.
- Design and perform a safe and appropriate exercise program to increase and measure the five components of fitness (cardiovascular endurance, muscle strength, muscle endurance, flexibility, body composition) for diverse populations.
- Design and perform a safe and appropriate practice program to increase and measure the six components of sport performance (agility, balance, ordination, speed, reaction time and power) for diverse populations.
- Apply the principles of exercise testing and prescription to customize the principles of exercise, nutrition, and behavioral modification to create a long-term sustainable healthy lifestyle.
- Demonstrate proficiency, knowledge, skills and abilities to



compete in various individual and team sports as an athlete, official, or a coach.

- Develop the body, mind, social connections and spirit through human movement.
- Develop and write an effective plan of initial treatment, rehabilitation, and preventative care for common athletic injuries and other emergency situations.
- Examine and critique scientific literature, exercise methods, services and products, and understand and synthesize relevant information from it, and be able to convey findings both orally and in writing.

Related-Content Groups

(4 attempts within a related-content group/each course 1 time for credit)

Aerobic Conditioning :

PE-112, 112A, 113, 119, 119B, 120

Basketball:

(PE-104 thru SU14), PE-133

Soccer:

(PE-108 thru SU14), PE-137

Tennis:

PE-132, 132B

Volleyball:

PE-134, (PE-135 thru SU14)

Weight Training:

PE-114A, 114B, 114C

DEGREES

Transfer Degree

Kinesiology

An A.A.-T in Kinesiology for Transfer will fulfill the requirements for students to transfer to a CSU university as a Kinesiology major. The courses in the A.A.-T in Kinesiology provide students with an ability to design appropriate programs for health, fitness and competitions, apply principles of exercise assessments, and critique scientific literature, identify exercise protocols, and synthesize information in problem solving as it relates to human movement. The major required for an A.A.-T in Kinesiology Transfer to CSU may be met by:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University.
- The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.
- A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Obtainment of a minimum grade point average of 2.0.

ADT also requires that students must earn a C or better in all courses

required for the major or area of emphasis. A "P" (Pass) grade is acceptable if pass is defined as a grade of C or better.

A.A.-T in Kinesiology for Transfer (20-25 units)

Required Core Courses (11 units)

ANAT-101	Human Anatomy & Physiology I	4 units
ANAT-102	Human Anatomy & Physiology II	4 units
PE-195	Introduction to Kinesiology	3 units

Required Movement-Based Courses (3-5 units)

Select one course maximum from any three of the following areas:

Area 1: Aquatics (no MSJC equivalent)

Area 2: Combatives (no MSJC equivalent)

Area 3: Dance

DAN-120	Conditioning and Alignment for Dance	2 units
DAN-121A	Beginning Ballet	2 units
DAN-122A	Beginning Modern Dance	2 units
DAN-123A	Beginning Jazz Dance	2 units
DAN-124	Beginning Tap Dance	2 units
DAN-126A	Intermediate Modern Dance	2 units
DAN-129	Intermediate Tap Dance	2 units
DAN-131A	Beginning Hip Hop	2 units
DAN-135A	Intermediate Hip Hop	2 units

Area 4: Fitness

PE-112	Body Conditioning	1 unit
PE-112A	Beginning Step Aerobics	1 unit
PE-113	Jogging	1 unit
PE-114A	Strength Training: Circuit	1 unit
PE-114B	Strength Training: Free Weights	1 unit
PE-114C	Powerlifting	1 unit
PE-119	Exercise Walking	1 unit
PE-119B	Intermediate Fitness Walking	2 units
PE-120	Beginning Yoga	1 unit

Area 5: Individual Sports

PE-132	Beginning Tennis	1 unit
--------	------------------	--------

Area 6: Team Sports

PE-133	Individual and Group Sports: Basketball	1 unit
PE-134	Introduction to Volleyball	1 unit
PE-137	Individual and Group Sports: Soccer	1 unit

List A: Select two (6-9 units)

BIOL-100	Human Biology	4 units
CHEM-101	General Chemistry I	5 units
or		
CHEM-107	Chemistry of Life	5 units
MATH-140	Introduction to Statistics	3 units
PE-115	First Aid and CPR	3 units
PHY-101	Basic Physics: Energy and Motion	4 units
PHY-201	Mechanics and Wave Motion	4 units

Units for Major 20-25



CSU General Education or IGETC Pattern 37-39
Possible double counting 10-14
Transferable Electives (as needed to reach 60 CSU transferable units)
Total Units for A.S.-T Degree 60 units

This Associate in Science in Kinesiology for Transfer degree is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. A student completing this degree is guaranteed admission to the CSU system, but not a particular campus or major. Students should meet with a counselor to develop an educational plan and receive university admission and transfer requirements.

NON-TRANSFER DEGREE

Physical Education

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).

A.A. in Physical Education (18 units)

Required GE Group 1 Courses (1 course)

ANAT-101 or higher, BIOL-100 or BIOL-100H or higher or CHEM-100 or higher

Required GE Group 2 Courses (1 course)

HS-121, HS-123, NUTR-100, NUTR-100H, NUTR-101, or NUTR-101H

Required Core Courses (12 units)

PE-106 Sports Officiating	3 units
PE-110 Prevention and Care of Athletic Injuries	3 units
PE-115 First Aid and CPR	3 units
PE-195 Introduction to Kinesiology	3 units

Electives (6 units)

PE-112 Body Conditioning	1 unit
PE-112A Beginning Step Aerobics	1 unit
PE-113 Jogging	1 unit
PE-114A Strength Training: Circuit	1 unit
PE-114B Strength Training: Free Weights	1 unit
PE-114C Powerlifting	1 unit
PE-119 Exercise Walking	1 unit
PE-119B Intermediate Fitness Walking	2 units
PE-120 Beginning Yoga	1 unit
PE-132 Beginning Tennis	1 unit
PE-132B Intermediate Tennis	1 unit
PE-133 Individual and Group Sports: Basketball	1 unit
PE-134 Introduction to Volleyball	1 unit
PE-137 Individual and Group Sports: Soccer	1 unit
PEIC-139 Intercollegiate Sports: Soccer (Women)	3 units
PEIC-139A Pre-Season Athletics: Soccer (Women)	1-3 units

PEIC-139B Off-Season Athletics: Soccer (Women)	1-3 units
PEIC-140 Intercollegiate Sports: Football (Men)	3 units
PEIC-140A Pre-Season Athletics: Football (Men)	1-3 units
PEIC-140B Off-Season Athletics: Football (Men)	1-3 units
PEIC-141A Intercollegiate Sports: Basketball (Men)	
Pre-Conference Competition	1.5 units
PEIC-141B Intercollegiate Sports: Basketball (Men)	
Conference and Post-Conference Competition	1.5 units
PEIC-141C Pre-Season Athletics: Basketball (Men)	1-3 units
PEIC-141D Off-Season Athletics: Basketball (Men)	1-3 units
PEIC-142 Intercollegiate Sports: Volleyball (Women)	
	3 units
PEIC-142A Pre-Season Athletics: Volleyball (Women)	
	1-3 units
PEIC-142B Off-Season Athletics: Volleyball (Women)	
	1-3 units
PEIC-143A Intercollegiate Sports: Basketball (Women)	
Pre-Conference Competition	1.5 units
PEIC-143B Intercollegiate Sports: Basketball (Women)	
Conference and Post-Conference Competition	1.5 units
PEIC-143C Pre-Season Athletics: Basketball (Women)	
	1-3 units
PEIC-143D Off-Season Athletics: Basketball (Women)	
	1-3 units
PEIC-144 Intercollegiate Sports: Baseball (Men)	3 units
PEIC-144A Pre-Season Athletics: Baseball (Men)	1-3 units
PEIC-144B Off-Season Athletics: Baseball (Men)	1-3 units
PEIC-145 Intercollegiate Sports: Tennis (Men)	3 units
PEIC-145A Pre-Season Athletics: Tennis (Men)	1-3 units
PEIC-145B Off-Season Athletics: Tennis (Men)	1-3 units
PEIC-146 Intercollegiate Sports: Tennis (Women)	
	3 units
PEIC-146A Pre-Season Athletics: Tennis (Women)	1-3 units
PEIC-146B Off-Season Athletics: Tennis (Women)	1-3 units
PEIC-147 Intercollegiate Sports: Golf	3 units
PEIC-147A Pre-Season Athletics: Golf	1-3 units
PEIC-147B Off-Season Athletics: Golf	1-3 units
PEIC-148 Intercollegiate Sports: Softball (Women)	3 units
PEIC-148A Pre-Season Athletics: Softball (Women)	1-3 units
PEIC-148B Off-Season Athletics: Softball (Women)	
	1-3 units
PEIC-150 Intercollegiate Sports: Beach Volleyball (Women)	
	3 units
PEIC-150A Pre-Season Athletics: Beach Volleyball (Women)	
	1-3 units
PEIC-150B Off-Season Athletics: Beach Volleyball (Women)	
	1-3 units