

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=®ion=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 (formerly Freshman Composition)	4
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
Units		16
Spring Semester 1		
PE-115	First Aid and CPR	3
ENGL-103	Critical Thinking and Writing	3
HIST-112	U.S. History Since 1865	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
Units		15
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
Units		14
Spring Semester 2		
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
ART-104	World Art	3
PE-106	Sports Officiating	3
Units		15
Total Units		60

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 follow MSJC's General Education, Option A and complete all general education areas, all major requirements, and complete an overall total of 60 degree applicable units with a minimum 2.0 GPA.

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

Course	Title	Credits
Required GE Group 1 Courses		
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)	
Required GE Group 2 Courses		
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 (formerly Nutrition and Foods)	
or NUTR-101H	Honors Introduction to Nutrition Science (formerly Nutrition and Foods)	
Required Courses		
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

Electives

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)

Total Units
18

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.