

# HEALTH & WELLNESS PATHWAY PROGRAM MAP: CATALOG YEAR: 2023-24



## *Physical Education: Associate in Arts - Non-Transfer*

The discipline of kinesiology is dedicated to the study of human movement and physical activity as it relates to health, society, and quality of life. Our field is designed to prepare students with the necessary knowledge and skills to analyze movement and develop a comprehensive physical fitness program.

**Please see a Pathways Counselor:** A local degree requires a minimum of 60 degree-applicable units with a minimum 2.0 GPA overall. [Contact a Counselor](#) to create an education plan customized to meet your needs.

### **Transfer Majors/Award Focus**

- Kinesiology A.A-T CSUSM
- Kinesiology A.A-T CSU
- Physical Education, A.A.

### **GE Pattern/Units**

- GE Pattern: Option A
- Total Units: 60

**Program maps** indicate the major coursework and recommended general education courses to fulfill your degree in 2 years (approximately 15 units/semester or 30 units/year). If you are a part-time student, start Semester 1 courses and follow the course sequence. Some of the courses listed may be substituted by another course. Please view these options in the official course [catalog](#).

### **Semester 1**

**16 Units**

	COURSE	TITLE	UNIT
<input type="checkbox"/>	ENGL-101	College Composition	4
<input type="checkbox"/>	COMM-100	Public Speaking	3
<input type="checkbox"/>	MATH-140	Introduction to Statistics <sup>1</sup>	3
<input type="checkbox"/>	CSCR-100	College Success and Career Readiness	3
<input type="checkbox"/>	PE-195	Introduction to Kinesiology	3

### **Semester 2**

**15 Units**

	COURSE	TITLE	UNIT
<input type="checkbox"/>	PE-115	First Aid and CPR	3
<input type="checkbox"/>	ENGL-103	Critical Thinking and Writing	3
<input type="checkbox"/>	HIST-112	U.S. History Since 1865	3
<input type="checkbox"/>	MAJOR <sup>1</sup>	Choose three	3
<input type="checkbox"/>	NUTR-100	Family Nutrition	3

Additional Course Options:

<sup>1</sup> PE-112, PE-112A, PE-113, PE-114A, PE-114B, PE-114C, PE-119, PE-119B, PE-120, PE-132, PE-132B, PE-133, PE-134, PE-137, PEIC-139, PEIC-139A, PEIC-139B, PEIC-140, PEIC-140A, PEIC-140B, PEIC-141A, PEIC-141B, PEIC-141C, PEIC-141D, PEIC-142, PEIC-142A, PEIC-142B, PEIC-143A, PEIC-143B, PEIC-143C, PEIC-143D, PEIC-144, PEIC-144A, PEIC-144B, PEIC-145, PEIC-145A, PEIC-145B, PEIC-146, PEIC-146A, PEIC-146B, PEIC-147, PEIC-147A, PEIC-147B, PEIC-148, PEIC-148A, PEIC-150, PEIC-150A, PEIC-150B

### **Career Options**

Health Education Teacher (B)  
 Health & Fitness rehabilitation & Medicine Athletic Trainer (B)  
 Find more careers: [msjc.emsicc.com](http://msjc.emsicc.com)  
 Required Education: SM: some college; C: Certificate; A: Associate,  
 B: Bachelor's

### **Notes:**

<sup>1</sup> 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.

## Financial Aid

Financial aid is determined by the number of credit hours you take in a semester. Maximize your financial aid by taking 12-15 units per semester.

### Semester 3

14 Units


 COURSE	TITLE	UNIT
<input type="checkbox"/> DAN-100	History and Appreciation of Dance	3
<input type="checkbox"/> BIOL-100	Human Biology	4
<input type="checkbox"/> MAJOR <sup>1</sup>	Choose four	4
<input type="checkbox"/> PE-110	Prevention and Care of Athletic Injuries	3

Additional Course Options:

<sup>1</sup> PE-112, PE-112A, PE-113, PE-114A, PE-114B, PE-114C, PE-119, PE-119B, PE-120, PE-132, PE-132B, PE-133, PE-134, PE-137, PEIC-139, PEIC-139A, PEIC-139B, PEIC-140, PEIC-140A, PEIC-140B, PEIC-141A, PEIC-141B, PEIC-141C, PEIC-141D, PEIC-142, PEIC-142A, PEIC-142B, PEIC-143A, PEIC-143B, PEIC-143C, PEIC-143D, PEIC-144, PEIC-144A, PEIC-144B, PEIC-145, PEIC-145A, PEIC-145B, PEIC-146, PEIC-146A, PEIC-146B, PEIC-147, PEIC-147A, PEIC-147B, PEIC-148, PEIC-148A, PEIC-150, PEIC-150A, PEIC-150B

### Semester 4

15 Units

 COURSE	TITLE	UNIT
<input type="checkbox"/> PSYC-101	Introduction to Psychology	3
<input type="checkbox"/> MAJOR <sup>1</sup>	Choose three	3
<input type="checkbox"/> HS-121	Fundamentals of Healthful Living	3
<input type="checkbox"/> ART-104	World Art	3
<input type="checkbox"/> PE-106	Sports Officiating	3

Additional Course Options:

<sup>1</sup> PE-112, PE-112A, PE-113, PE-114A, PE-114B, PE-114C, PE-119, PE-119B, PE-120, PE-132, PE-132B, PE-133, PE-134, PE-137, PEIC-139, PEIC-139A, PEIC-139B, PEIC-140, PEIC-140A, PEIC-140B, PEIC-141A, PEIC-141B, PEIC-141C, PEIC-141D, PEIC-142, PEIC-142A, PEIC-142B, PEIC-143A, PEIC-143B, PEIC-143C, PEIC-143D, PEIC-144, PEIC-144A, PEIC-144B, PEIC-145, PEIC-145A, PEIC-145B, PEIC-146, PEIC-146A, PEIC-146B, PEIC-147, PEIC-147A, PEIC-147B, PEIC-148, PEIC-148A, PEIC-150, PEIC-150A, PEIC-150B

## Work Experience

Sign up for a special project or internship opportunity. Gain [work experience](#) and earn credits.

## Scheduling Notes

Physical Education courses are not always offered at all campuses every semester. Please check the schedule for the location of Physical Education courses prior to registration.