

PHYSICAL EDUCATION

Associate in Arts Degree General Studies – Emphasis in Physical Education

Required Core Courses: 14 units

Total Units: 60 units

Course Number	Course Title	Fall	Spring
BIOL 1	Principles of Molecular and Cellular Biology	4	4
HLTH 2	Personal Health	3	3
HLTH 25	Understanding Nutrition	3	3
PE 15	Introduction to Kinesiology	3	
PEAC 32D	Fitness Center	3	3

Required Activity Electives: 8 unit – Complete eight (8) units in at least two (2) different activities

Baseball

Course Number	Course Title	Fall	Spring
PEAC 7	Varsity Baseball		3
PEAC 7D	Off-Season Skills and Conditioning for Baseball	3	

Basketball

Course Number	Course Title	Fall	Spring
PEAC 5A	Men's Varsity Basketball-Fall	2	
PEAC 5A.02	Men's Varsity Basketball-Spring		1
PEAC 5B	Pre-Season Skills and Conditioning for Basketball	1.5	
PEAC 5C	Women's Varsity Basketball-Fall	2	
PEAC 5C.02	Women's Varsity Basketball-Spring		1
PEAC 5D	Off-Season Skills and Conditioning for Basketball		1

Bowling

Course Number	Course Title	Fall	Spring
PEAC 14	Bowling	1	1

Golf

Course Number	Course Title	Fall	Spring
PEAC 34	Golf Skills	1	1

Soccer

Course Number	Course Title	Fall	Spring	Summer
PEAC 2A	Men's Varsity Soccer	3		
PEAC 2B	Pre-Season Skills and Conditioning for Soccer			0.5
PEAC 2C	Women's Varsity Soccer	3		
PEAC 2D	Off-Season Skills and Conditioning for Soccer		1.5	

Softball

Course Number	Course Title	Fall	Spring
PEAC 10	Woman's Varsity Softball		3
PEAC 10D	Off-Season Skills and Conditioning for Baseball	3	

Volleyball

Course Number	Course Title	Fall	Spring	Summer
PEAC 9	Woman's Varsity Volleyball	3		
PEAC 9B	Pre-Season Skills and Conditioning for Volleyball			1
PEAC 9D	Off-Season Skills and Conditioning for Volleyball		1.5	

Walking

Course Number	Course Title	Fall	Spring	Summer
PEAC 16	Walking for Fitness			1

Wrestling

Course Number	Course Title	Fall	Spring	Summer
PEAC 6	Varsity Wrestling	3		
PEAC 6B	Pre-Season Skills and Conditioning for Wrestling			0.5
PEAC 6D	Off-Season Skills and Conditioning for Wrestling		1.5	

Yoga

Course Number	Course Title	Fall	Spring
PEAC 44	Yoga	1	1

Electives: 20 units

General Education Requirements: 18 units

See a counselor to prepare your educational plan with the latest scheduling information.