

Barstow Community College Physical Education Department Physical Education A.S.

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Physical Education Statement of Purpose/Mission Statement:

The Barstow Community College Physical Education Department is dedicated to enhancing the student's and the community's educational experience through a wide variety of movement activities and academic development. We aim to energize, educate and foster lifetime fitness/wellness values to students of all cultures and diversities. The department's goal is to nurture and prepare all students planning to pursue a professional career in the field of Physical Education and/or Kinesiology, thus enhancing the student's skills to become contributing members of the community and an asset to the field of Physical Education, Kinesiology and related areas.

Physical Education - Associates in Science (AS)

Always refer to the current catalog and see a counselor regarding programs, educational plans, and catalog rights. <http://www.barstow.edu/College-catalogs.html>

PE and related classes contribute towards **Physical Education AS** degree and GE requirement fulfillment.

Catalog Description - Physical Education AS

Designed for students who wish to obtain the foundation of knowledge expected of one entering the field of physical education.

Program Level Outcomes - Physical Education AS

Upon successful completion of this program, students should be able to:

1. Demonstrate an understanding of the concepts and principles of physical fitness and specific sport skills; value physical activity and become a lifelong participant in physical activity; achieve a health-enhancing level of physical fitness; and perform the specific activity with an adequate degree of proficiency.
2. Demonstrate orally, and in written form, understanding of the theory and concepts of Physical Education and their application within the field.

Major Core Requirements 18 Units		Units
BIO 10	Introduction to Biology	3
BIO 11	Introduction to Biology	1
HEAL2/HOME 2	Nutrition	
AHLT 51	Standard First Aid and Personal Safety	
PELC 1/PSYC 13	Sports Psychology	
PELC 2	Introduction to Physical Education	
PELC 3	Physical Fitness and Wellness	
PELC 5	Introduction to Athletic Training	

Total Units for Major

18

General Education Requirements	27
Electives	15
Total Degree Units (maximum)	60