

Physical Education/Athletics

SPORTS MEDICINE/FITNESS SCIENCE – (TRANSFER)

Designed to allow students to transfer into baccalaureate programs in Physical Education or related areas with a Sports Medicine emphasis. The broad field of Sports Medicine/Fitness Science includes post-baccalaureate employment opportunities in teaching, athletic training, physical therapy, sports rehabilitation, biomechanics, exercise physiology, motor learning, sports orthopedics, sports podiatry, sports psychology, cardiac rehabilitation, EKG technician, and fitness technician.

ASSOCIATE IN SCIENCE DEGREE

The Associate in Science Degree can be obtained upon completion of a total 60 units, including the 33-34 unit major, the general education requirements, and electives. All courses for this major must be completed with a grade of C or better or a P if the course is taken on a pass-no pass basis.

REQUIRED COURSES

	Units
PE 020A—Foundations of PE	3
PE 020H—Care/Prevention of Athletic Injuries	3
PE 020S—Advanced First Aid & CPR	2
PE 020V—Intro. to Sports Science	3
PE 020W—Concepts of Fitness	3
*PE Activity courses	2-3
BIO 005—Physiology	5
BIO 004—Human Anatomy	5
CHEM 010—Interm. Chemistry	4
**NUTR 010—Nutrition	3
	<u>33-34</u>

Aquatics (002A, 002B, 002C, 002D, 002E), Combatives (003A, 003C, 003D, 003E), Dance (004A, 004B, 004C, 004D, 004F, 004H, 004J, 004K, 004N, 004P), Fitness Courses (005A, 005B, 005C, 005G, 005H, 005P, 005J, 005K, 005M, 005N, 006A, 006C, 006E, 006F, 078), Individual Sports (007A, 007C, 007D, 007E, 007F), Racquet Sports (008A, 008B, 008C, 008E, 008F), and Team Sports (009A, 009B, 009C, 009E, 009F, 009G, 009H, 009P, or any Intercollegiate Athletics course).

**For those transferring to UC in preparation for a physical therapy major, it is recommended that CHEM 011-Basic Organic Chemistry & Biochemistry be taken in place of NUTR 010.

Recommended Electives

CIS 001
HED 002
MATH 011
PE 055, 057
PSYC 020