**Program Outcomes:** Upon successful completion of this program a student will be able to:

- demonstrate competence in performing a variety of skill-related behaviors.
- describe health and physical activity concepts that will enable him or her to make informed decisions concerning health.
- recognize health issues, understand the similarities and contrasts among cultures.
- demonstrate sensitivity to cultural and physical diversity.
- explain the value and significance of physical activity for human development, human interaction and quality of life and its relationship to their particular disability.

### Required Major Courses (12 units)

- BIO-5 – Human Anatomy
- BIO-6 – Introductory Physiology
- BIO-6L – Physiology Lab
- PETH-1 – Introduction to Kinesiology

### Major Movement Courses: Select at least (1) course from any (3) of the following areas for a Minimum of 3 units.

- AQUATICS – PEAC-61
- COMBATIVES – PEAC-56
- FITNESS – PEAC-32, 58, 66, 69
- INDIVIDUAL SPORTS – PEAC-64
- TEAM SPORT – PEAC-52, 55, 70

### Major Electives (Complete 7-8 units)

- MAT-13 – Elementary Statistics
- CHM-1A – General Chemistry
- HED-55 – Health Education – Advanced First Aid
- PHY-2A – College Physics I
- OR
  - PHY-4A – General Physics/Mechanics I

**SUBTOTAL: 22-23 UNITS**

### General Education – Required Courses

Students must complete one of the following General Education Plans:

- **CSU-GE** *(see page 70)*
  - 39 units
- **IGETC** *(see page 72)*
  - 37 units

Students can double-count required courses and courses for General Education

- Electives (Courses Numbered 1-99) required when degree units plus GE units total fewer than 60.

**TOTAL: 60 UNITS**