

PHYSICAL EDUCATION AIDE

This program is designed for individuals interested in working in the field of physical education. It prepares them for paraprofessional jobs in schools and fitness programs by instructing them in group work, safety, and knowledge of injuries. The Physical Education Aide Associate in Science program also offers a wide variety of sports activity courses.

Learning Outcomes: Upon successful completion of the program, students will be able to:

- Apply basic principles of safety in a physical education activity.
- Assist or lead various physical fitness/education activities in a group setting.
- Identify injuries common to fitness activities and basic treatment.
- Apply basic physical training principles in designing fitness training programs.
- Identify career options in health, physical education and fitness.
- Analyze how physical, social, emotional, and/or intellectual factors contribute to wellness and healthful living.

Associate in Science (Career Technical Degree)

Associate Degree Major Requirements	Units
REQUIRED CORE:	13
ANAT 5 Basic Human Anatomy and Physiology (4)	
PHED 40 Introduction to Kinesiology (3)	
PHED 41 Prevention and Care of Athletic Injuries (3)	
PSYC 1 General Psychology (3)	
Current Red Cross Advanced First Aid Card and CPR Card (0)	
Select six units from the following:	6
PFIT 2 Core Fitness Training (1)	
PFIT 6 Cross-Training (1)	
PFIT 7 Distance Training (1)	
PFIT 8 Aerobic Conditioning (.5-1)	
PFIT 9 Personal Fitness (1)	
PFIT 10A Beginning Weight Training (.5-1)	
PFIT 10B Intermediate Weight Training (.5-1)	
PFIT 10C Advanced Weight Training (.5-1)	
PFIT 14 Exercise for Health and Fitness (.5)	
PFIT 15A Core Matwork I (.5-1)	
PFIT 15B Core Matwork II (.5-1)	
PFIT 15C Core Matwork III (.5-1)	
PFIT 15D Core Matwork IV (.5-1)	
PFIT 16A Tai Chi I (.5-1)	
PFIT 16B Tai Chi II (.5-1)	
PFIT 17A Yoga I (.5-1)	
PFIT 17B Yoga II (.5-1)	
PFIT 17C Yoga III (.5-1)	
PFIT 17D Yoga IV (.5-1)	
PFIT 18A Aerobic Fitness I (.5-1)	
PFIT 18B Aerobic Fitness II (.5-1)	
PFIT 18C Aerobic Fitness III (.5-1)	
PFIT 19A Body Sculpting I (.5)	
PFIT 19B Body Sculpting II (.5)	
PFIT 19C Body Sculpting III (.5)	
PFIT 20 Circuit Training (1)	
PFIT 21A Flexibility and Relaxation Techniques I (.5)	

PFIT 21B	Flexibility and Relaxation Techniques II (.5)
PFIT 22A	Fitness Through Swimming I (1)
PFIT 22B	Fitness Through Swimming II (1)
PFIT 22C	Fitness Through Swimming III (1)
PFIT 22D	Fitness Through Swimming IV (1)
PFIT 30A	Triathlon Training I (1)
PFIT 30B	Triathlon Training II (1)
PFIT 30C	Triathlon Training III (1)
PHED 2A	Golf I (1)
PHED 2B	Golf II (1)
PHED 2C	Golf III (1)
PHED 2D	Golf IV (1)
PHED 5A	Tennis I (1)
PHED 5B	Tennis II (1)
PHED 5D	Tennis III (.5)
PHED 5E	Tennis IV (.5)
PHED 6A	Soccer I (.5)
PHED 6B	Soccer II (.5)
PHED 6C	Soccer III (.5)
PHED 7A	Swimming I (.5)
PHED 7B	Swimming II (.5)
PHED 12B	Competitive Swimming I (1)
PHED 12C	Competitive Swimming II (1)
PHED 15A	Volleyball I (1)
PHED 15B	Volleyball II (1)
PHED 15D	Volleyball III (1)
PHED 15E	Volleyball IV (1)
PHED 18	Fundamentals of Football (.5)
PHED 20.1	Skill Development for Baseball (2)
PHED 20.2	Skill Development for Basketball - Men (1)
PHED 20.3	Skill Development for Basketball - Women (1)
PHED 20.4	Skill Development for Football (1)
PHED 20.5	Skill Development for Golf (1)
PHED 20.6	Skill Development for Softball (1.5)
PHED 20.8	Skill Development for Tennis (.5)
PHED 20.9	Skill Development for Track and Field (1)
PHED 20.10	Skill Development for Volleyball (1)
PHED 20.11	Skill Development for Soccer - Men (1)
PHED 20.12	Skill Development for Soccer - Women (1)
PHED 21	Competitive Golf (.5)
PHED 22A	Introduction to Basketball (.5)
PHED 29	Varsity Athletic Conditioning (.5)
PHED 30.1	Intercollegiate Basketball - Women (1.5)
PHED 30.2	Intercollegiate Softball - Women (3)
PHED 30.3	Intercollegiate Volleyball - Women (3)
PHED 30.4	Intercollegiate Tennis - Women (3)
PHED 30.6	Intercollegiate Soccer - Women (3)
PHED 31.1	Intercollegiate Football - Men (3)
PHED 31.2	Intercollegiate Basketball - Men (1.5)
PHED 31.3	Intercollegiate Baseball - Men (3)
PHED 31.4	Intercollegiate Golf - Men (3)
PHED 31.5	Intercollegiate Soccer - Men (3)
PHED 32.1	Intercollegiate Track and Field - Women/Men (3)

PHED 32.4 Intercollegiate Cross Country - Women/Men (3)

PHED 61A Elements of Football I (.5)

Select one course from the following: **3**

SPCH 1 Public Speaking (3)

SPCH 2 Small Group Communication (3)

TOTAL MAJOR UNITS **22**

Associate Degree Requirements (as described above) **22**

Complete Competency Requirements and MPC General Education Pattern for a total of 60 degree-applicable units (see pages 72-73, 76 in the 2017-18 MPC Catalog).

TOTAL DEGREE UNITS **60**
