

PHYSICAL EDUCATION/RECREATION

LONG BEACH CITY COLLEGE Curriculum Guide for Academic Year 2009-2010 Associate in Arts

ALL INFORMATION CONTAINED HEREIN IS SUBJECT TO CHANGE WITHOUT NOTICE.

For possible updates to this guide please refer to the following website: <http://osca.lbcc.edu>

CAREER OPPORTUNITIES

This field of concentration is designed to provide students with the knowledge, skill, and experience to continue their education leading toward a Bachelor's degree in this major. Activities are designed to provide learning for students in the physical, cognitive, affective and recreational areas.

DEPARTMENTAL ADMISSION REQUIREMENTS

None. For more departmental information call (562) 938-4378.

Complete **EIGHTEEN (18)** units as specified from either the **TEACHING EMPHASIS** or the **NON-TEACHING EMPHASIS**:

TEACHING EMPHASIS

REQUIRED COURSES

		UNITS	IN COMPLETED	
			PROGRESS	GRADE
PEPP 1 <u>or</u>	Introduction to Physical Education <u>or</u>	2	<input type="text"/>	<input type="text"/>
<u>or</u>	<u>or</u>	<u>or</u>	<input type="text"/>	<input type="text"/>
PEPP 7	Introduction to Community Recreation	3	<input type="text"/>	<input type="text"/>
Subtotal Units		2-3	<input type="text"/>	<input type="text"/>

AND Select 15-16 units to bring total units to 18 from at least **FOUR** of the Following Categories:

NOTE: Any **activity course** designated **AD** may be taken a total of four times for credit toward unit requirements except for **PEPF 2AD**. **PEPP** professional preparation courses are highly recommended for teaching and non-teaching majors.

Professional Preparation Category

PEPF 8AD	Aerobic Circuit Training	2.5	<input type="text"/>	<input type="text"/>
PEPF 83AD, 84AD	Fitness & Wellness I & II (F, SP)	2	<input type="text"/>	<input type="text"/>
PEPP 5	Sports Appreciation (F)	3	<input type="text"/>	<input type="text"/>
PEPP 10	Prevention & Care of Athletic Injuries (F, SP)	3	<input type="text"/>	<input type="text"/>
* PEPP 15	Sports Officiating (F)	3	<input type="text"/>	<input type="text"/>
* PEPP 17	Sports Officiating (SP)	3	<input type="text"/>	<input type="text"/>
PEPP 19AD	Theory of Football (F)	2	<input type="text"/>	<input type="text"/>
PEPP 23	First Aid & Safety Education	3	<input type="text"/>	<input type="text"/>
PEPP 23M1	Child First Aid & Safety Education	1	<input type="text"/>	<input type="text"/>
PEPP 71AD,72AD, <u>or</u> 73AD	Work Experience (F, SP)	2-4	<input type="text"/>	<input type="text"/>

Aquatics Category

* PEG 55AD	Life Guard/Water Safety Training (F, SP, S)	4	<input type="text"/>	<input type="text"/>
* PEG 75AD <u>or</u> 76AD	Swimming (F, SP, S)	.5,1	<input type="text"/>	<input type="text"/>
* PEPF 3AD <u>or</u> 4AD	Water Aerobics and Training	.5,1	<input type="text"/>	<input type="text"/>
PEPF 41AD <u>or</u> 42AD	Swimming Fitness	.5,1	<input type="text"/>	<input type="text"/>
* PEPF 47AD <u>or</u> 48AD	Swim Fitness/Polo (F, SP)	.5,1	<input type="text"/>	<input type="text"/>
* PEPP 41	Aquatics (Coed) (F, SP)	2	<input type="text"/>	<input type="text"/>

Any of:

* PEIA 23AD, 23M1, 29AD, 31AD, 47AD	3		
* PEIA 5AD, 5M1, 9AD, 15AD, 17AD, 19AD, 39AD, 41AD, 43AD	3		

Outdoor Studies

* PEOS 5AD	Backpacking (F)	1		
* PEOS 55AD <u>or</u> PEOS 56AD	Nordic Skiing (SP)	.5,1		

Subtotal Units		15-16		
TOTAL UNITS		18		

LEGEND	
* Activity classes designated (AD) may be taken a total of four times for credit towards unit requirements. PEPP professional preparation courses are highly recommended for both teaching and non-teaching majors.	
# May be used for credit towards only one category (Fitness, or Team Sports, or Individual Sport). (SP = Spring) (S = Summer) (F = Fall) (INF = Infrequently) = Represents general frequency of course offering	

NON-TEACHING EMPHASIS

Select **EIGHTEEN (18)** units from at least **FOUR** categories:

Courses for the following categories are the same as listed under the **TEACHING EMPHASIS**:

AQUATICS, INDIVIDUAL & DUAL ACTIVITIES, FITNESS & COMBATIVES, OUTDOOR STUDIES, PROFESSIONAL PREPARATION, TEAM SPORTS, & as a category, PEPP 1 & PEPP 7.

TOTAL UNITS.....18

For students pursuing a Bachelor of Arts Degree in Physical Education, the following courses are often required: ANATOMY 1, PHYSIOLOGY 1, and PSYCHOLOGY 1

GRADUATION REQUIREMENTS

For **ASSOCIATE IN ARTS DEGREE**:

NOTE: Effective Fall 2009, Title 5, section 55063 (a) (2) requires that students must complete each course counted toward the major or area of emphasis with a grade of "C" or better or "P" if the course is taken on a "Pass/No Pass" basis.

Complete the required units in either the Teaching Emphasis or the Non-Teaching Emphasis with a minimum cumulative grade point average of 2.0 ("C" average). In addition, complete the A.A. degree requirements specified in the Catalog. The requirements for general education/proficiency and the field of concentration need to be from the same catalog year. This catalog year may be any year between the year of initial enrollment to the present, provided continuous enrollment is maintained throughout (see the catalog for definition of "continuous enrollment"). Fifty per cent (50%) or more of the unit requirements for this field of concentration must be completed in residence (credit earned by exam, where applicable, may be included).

NOTE: To receive a degree you must submit completed application forms in the Admissions and Records Office during your final semester of course work.

* In general, "double-counting" is not allowed. That is, one course may not be used to fulfill both a field of concentration requirement and to fulfill a general education requirement. However, PE activity courses taken for this field of concentration may be double-counted to fulfill the Physical Education graduation requirement.

Students interested in transferring to a university to continue their study in this field of concentration or other majors are strongly advised to consult an LBCC academic counselor and refer to the ASSIST website (www.assist.org) for major preparation information. Counselors can clarify the different major and admissions requirements at a university. Students may visit the Student Success/Transfer Services Center to access further educational resources. If you need to set up an appointment to see a counselor or schedule the SOAR Test, call LAC (562)938-4561 or PCC (562)938-3920.