

# PHYSICAL EDUCATION/RECREATION

## Curriculum Guide for Academic Year 2011-2012

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Students planning to **transfer** to a four-year college or university should refer to the ASSIST web site at [www.assist.org](http://www.assist.org) and **consult a counselor** before beginning a program of study. To meet with a counselor call 562-938-4561 for the LAC, or (562) 938-3920 for PCC. Students may also wish to visit the Transfer Center on either campus.

### Program of study leading to: Associate in Arts (A.A.) Degree

#### Teaching Emphasis

##### REQUIRED COURSES

PEPP 1 OR	Introduction to Physical Education OR	2 OR		
PEPP 7	Introduction to Community Recreation	3		

**Subtotal Units**

**UNITS**

2 – 3

In Progress	Completed Grade

**IN ADDITION, complete FIFTEEN – SIXTEEN (15 – 16) UNITS from at least FOUR of the following categories:**

**NOTE:** Any activity course designated AD (example: PEG 55AD) 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

**UNITS**

PEPF 8AD	Aerobic Circuit Training	2.5		
PEPF 83AD	Fitness & Wellness I	2		
PEPF 84AD	Fitness and Wellness Center II	2		
PEPP 5	Sports Appreciation	3		
PEPP 10	Prevention & Care of Athletic Injuries	3		
PEPP 15	Sports Officiating (Fall)	3		
PEPP 17	Sports Officiating (Spring)	3		
PEPP 19AD	Theory of Football	2		
PEPP 23	First Aid & Safety Education	3		
PEPP 23M1	Child First Aid & Safety Education	1		
PEPP 71AD OR	Work Experience: PE-Professional Prep	2 OR		
72AD OR		3 OR		
73AD		4		

##### AQUATICS CATEGORY

**UNITS**

PEG 55AD	Lifeguard/Water Safety Training	4		
PEG 75AD OR 76AD	Swimming	.5 OR 1		
PEPF 3AD OR 4AD	Water Aerobics and Training	.5 OR 1		
PEPF 41AD OR 42AD	Swimming Fitness	.5 OR 1		
PEPF 47AD OR 48AD	Swim Fitness/Polo	.5 OR 1		
PEPP 41	Aquatics (Coed)	2		

**Associate Degree requirements continue on the following page:**

**INDIVIDUAL & DUAL ACTIVITIES CATEGORY**

**UNITS**

* PEA 1AD	PE for the Physically Limited	1		
† PEPF 2AD	Monitoring and Developing Sports Skills	1		
* PEPP 13 OR	Dance Aerobics-Professional Preparation OR	1 OR		
PEPF 5AD OR 6AD	Dance Aerobics	.5 OR 1		
* PEPP 29 OR	Cross Country/Track & Field (Men) OR	1 OR		
PEG 87AD OR 88AD OR	Track & Field OR	.5 OR 1 OR		
PEIA 19AD OR 19M1	Track & Field (Men)	3 OR 1.5		
* PEG 19AD OR 20AD	Bowling	.5 OR 1		
* PEG 9AD OR 10AD	Badminton	.5 OR 1		
* PEPP 51 OR	Golf (Coed) OR	1 OR		
PEG 31AD OR 32AD OR	Golf OR	.5 OR 1 OR		
PEIA 9AD OR 9M1 OR	Golf (Men) OR	3 OR 1.5 OR		
PEIA 31AD OR 31M1	Golf (Women)	3 OR 1.5		
* PEPP 53 OR	Tennis (Coed) OR	1 OR		
PEG 83AD OR 84AD	Tennis	.5 OR 1		
* PEG 58AD	Intramural Activities	1		
* PEPP 65 OR	Track & Field (Women) OR	1 OR		
PEIA 43AD OR 43M1 OR	Track & Field (Women) OR	3 OR 1.5 OR		
PEG 87AD OR 88AD OR	Track & Field OR	.5 OR 1 OR		
PEIA 29AD OR 29M1	Cross Country (Women)	3 OR 1.5		

**FITNESS AND COMBATIVES CATEGORY**

**UNITS**

* PEG 65AD OR 66AD	Self-Defense	.5 OR 1		
† PEPF 2AD	Monitoring and Developing Sport Skills	1		
* PEPF 3AD OR 4AD	Water Aerobics and Training	.5 OR 1		
* PEPF 5AD OR 6AD	Dance Aerobics	.5 OR 1		
PEPF 8AD	Aerobic Circuit Training	2.5		
PEPF 10AD	Stretch & Relaxation	1		
* PEPF 21AD OR 22AD	Physical Fitness	.5 OR 1.5		
* PEPF 41AD OR 42AD	Swimming Fitness	.5 OR 1		
* PEPF 47AD OR 48AD	Swim Fitness/Polo	.5 OR 1		
* PEPF 53AD OR 54AD	Weight Training	.5 OR 1		
* PEPF 81AD	Fitness & Wellness Center	1		
* PEPF 83AD OR	Fitness & Wellness I	2 OR		
84AD	Fitness & Wellness Center II	2		

**TEAM SPORTS CATEGORY**

**UNITS**

† PEPF 2AD	Monitoring and Developing Sport Skills	1		
* PEPP 25AD OR	Baseball (Men) OR	1		
PEG 11AD OR 12AD OR	Baseball OR	.5 OR 1 OR		
PEIA 1AD OR 1M1	Baseball (Men)	3 OR 1.5		
* PEPP 27 OR	Basketball (Men)	1 OR		
PEG 13AD OR 14AD OR		.5 OR 1 OR		
PEIA 3AD OR 3M1		3 OR 1.5		
* PEPP 31 OR	Football (Men) OR	1 OR		
PEG 85AD OR 86AD OR	Touch Football OR	.5 OR 1 OR		
PEIA 7AD OR 7M1	Football (Men)	3 OR 1.5		
* PEPP 35 OR	Soccer (Men) OR	1 OR		
PEG 69AD OR 70AD OR	Soccer OR	.5 OR 1 OR		
PEIA 13AD OR 13M1	Soccer (Men)	3 OR 1.5		
* PEPP 37 OR	Volleyball (Men)	1 OR		
PEIA 21AD OR	Volleyball (Men) OR	3 OR		
PEG 89AD OR 90AD	Volleyball	.5 OR 1		

**Associate Degree requirements continued from the previous page:**

* PEPP 55 OR PEG 13AD OR 14AD OR PEIA 27AD OR 27M1	Basketball (Women) Basketball OR Basketball (Women)	1 OR .5 OR 1 OR 3 OR 1.5		
* PEG 58AD	Intramural Activities	1		
* PEPP 61 OR PEIA 35AD OR 35M1 OR PEG 69AD OR 70AD	Soccer (Women) OR Soccer (Women) OR Soccer	1 OR 3 OR 1.5 OR .5 OR 1		
* PEPP 63 OR PEIA 37AD OR 37M1 PEG 73AD OR 74AD	Softball (Women) OR Softball (Women) OR Softball	1 OR 3 OR 1.5 OR .5 OR 1		
* PEPP 67 OR PEG 89AD OR 90AD OR PEIA 45AD OR 45M1	Volleyball (Women)	1 OR .5 OR 1 OR 3 OR 1.5		
* Any of: PEIA 23AD, 23M1, 29AD, 31AD, 47AD, 5AD, 5M1, 9AD, 15AD, 17AD, 19AD, 39AD, 41AD, 43AD		3 OR 1.5		

**OUTDOOR STUDIES CATEGORY**

* PEOS 5AD	Backpacking	1		
* PEOS 55AD OR 56AD	Nordic Skiing	.5 OR 1		

<b>Subtotal Units</b>	<b>15 – 16</b>		
<b>TOTAL UNITS</b>	<b>18</b>		

**Non-Teaching Emphasis**

**REQUIRED COURSES: Complete EIGHTEEN (18) UNITS from at least FOUR categories (as listed above in the Teaching Emphasis):**

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

UNITS	In Progress	Completed Grades
<b>TOTAL UNITS</b>	<b>18</b>	

For graduation with an **Associate in Arts (A.A.) Degree with a major in Physical Education/Recreation:**

1. **Units:** Complete a minimum of 60 units, distributed as follows:
 

<b>Phys. Ed/Recreation Major:</b>	18 units
<b>General Education/A.A.</b>	25 units
<b><u>Electives/Other courses:</u></b>	<u>17 units</u>
<b>TOTAL:</b>	<b>60 units</b>
2. **Scholarship:** Maintain an **overall grade point average (GPA) of 2.0** ("C" average) based on all accredited college work applied to the degree, no matter where completed. For this **field of concentration, complete each course above with a grade of "C" or better**, or "P" if course is graded on a P/NP basis.
3. **Residence for the Degree:** Complete at least 30 units of the required 60 in residence at LBCC, or complete in residence at LBCC at least 20 units within the last 30 units of work applied to the degree.
4. **Residence for the Field of Concentration:** Complete fifty percent (50%) or more of the unit requirements for this field of concentration in residence; this means at **least 9 units** of the required 18 must be **completed at Long Beach City College**. Credit earned by exam, where applicable, may be included.

**Associate Degree requirements continue on the following page:**

**Associate Degree requirements continued from the previous page:**

5. **General Education and Proficiency Requirements:** Complete the required A.A./A.S. General Education and Proficiency requirements\*, otherwise known as "Plan A". For Plan A requirements, refer to the general catalog or view it online at <http://osca.lbcc.edu> .
6. Complete and submit the degree application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu/> . Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the "Important Dates" link to view the actual deadline for each semester.

\*The requirements for general education/proficiency and the field of concentration (major) 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".

Unless otherwise noted, "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.

For students planning to pursue a Bachelor of Arts degree in Physical Education , the following courses are often required:.

ANAT 1	Human Anatomy	4		
PHYSI 1	Human Physiology	5		
PSYCH 1	Introduction to Psychology	3		

### 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.

### Program Mission and Outcomes

In support of the college mission statement, the Physical Education department provides students with the knowledge, skills and attitudes necessary to improve fitness and wellness. The department believes that improved fitness and wellness are essential ingredients to improving the physical, cognitive, affective and recreational experiences of the student population. Improving these experiences in turn improves student success. Course offerings reflect the fact that fitness and wellness are life-long learning experiences. The Physical Education department also serves as an essential partner to both the athletic and intramurals programs by providing beyond the classroom experiences.

Outcomes:

- Students will demonstrate knowledge of rules, strategies, techniques, and etiquette of various activities to promote lifelong fitness.
- Students will demonstrate knowledge of basic aspects of a training/fitness program.
- Physical Education/Recreation majors will recognize various career opportunities in the field of human movement.
- Students will be able to define the many health related and skill related fitness components in an exercise program.

### Legend

\* Activity classes designated AD (example: PEG 89AD) 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).