

**Highland Community College Suggested Program of Study
Physical Education (Associate in Arts)**

The Physical Education program is designed for individuals who wish to pursue a physical education program at a college or university. The fulfillment of this program should qualify the individual for most college or university requirements; check HCC transfer guides for specific colleges and universities.

Course Number	Course Name	Credit Hour
<u>Basic Skills</u>		
COL 103	College Success and Orientation	1
ENG 101	College English I	3
ENG 102	College English II	3
MAT 104	College Algebra	3
SP 106	Public Speaking	3
PE 139	Lifetime Fitness	2
	Computer Literacy Elective	1
<u>Humanities</u>		
PSY 101	General Psychology	3
SOC 101	General Sociology	3
	Humanities Elective	3
<u>Social & Behavioral Science</u>		
	Social Science Elective	3
	Social Science Elective	3
	Social Science Elective	3
<u>Natural & Physical Science</u>		
BS 104	Human Anatomy w/Lab	4
BS 105	Human Physiology	4
	Physical Science Elective w/Lab	5
<u>Electives</u>		
ED 101	Pre-Professional Lab I *	1
ED 110	Introduction to Education *	3
PE 109	PE for Elementary Teachers	3
PE 110	Rules & Officiating I	2
PE 111	History & Principles of PE *	3
PE 112	Personal and Community Health *	3
PE 113	First Aid and Safety *	3
PE 120	Rules & Officiating II	2
PE 123	Introduction to Physical Education *	3
PE 125	Introduction to Recreation	3
PE 224	Care and Prevention of Athletic Injuries	3
PE 250	Exercise Physiology	3
	Theory of Coaching Elective	2

* Required courses.

Potential Employment Applications of Degree

A physical education teacher provides instruction in one or more subjects to students in elementary and high school. The teacher will utilize various teaching methods such as lecture, demonstration, and technology aids, will maintain discipline, and perform duties such as sponsoring one or more special activities or student organizations.