

# PHYSICAL EDUCATION – FITNESS ASSOCIATE IN SCIENCE DEGREE

PROGRAM CODE: 2S03832

The **Physical Education – Fitness Associate in Science Degree** is designed to educate students that are entering into the fitness industry or those that are interested in coaching, exercise training and fitness training. This degree requires a total of 18-20 units.

Code	Title	Units
<b>Required Courses: (13 units)</b>		<b>13</b>
ANAT 231 F	General Human Anatomy	4
<b>OR</b>		
BIOL 102 F & BIOL 102LF	Human Biology and Human Biology Laboratory	4
PE 154 F	Fitness Testing with Exercise Prescription	3
PE 235 F	First Aid, CPR, and Safety Education <sup>1</sup>	3
PE 248 F	Foundations of Sport and Exercise Psychology ((formerly Psychology of Sport)	3
(*American Red Cross certification can be substituted at the discretion of the Division. Students must take an additional 3 units from restricted electives)		
<b>Restricted Electives: (5-7 units)</b>		<b>5-7</b>
ACCT 100 F	Small Business Accounting	3
FOOD 160 F	Foods for Fitness (formerly FOOD 060 F)	2
PE 114 F	High Intensity Interval Training (formerly Cardiovascular Conditioning)	1
PE 158 F	Personalized Fitness	1
PE 236 F	Prevention and Care of Athletic Injuries	3
WELL 230 F	The Body-Mind Connection	3
<b>Total Units</b>		<b>18-20</b>

**Outcome 1:** Design a personal exercise program using the five components of physical fitness and evaluate its effectiveness by collecting and analyzing personal fitness data.

**Outcome 2:** Identify athletic injuries and demonstrate the physical remedy for each.

**Outcome 3:** Demonstrate a working knowledge of how the body's metabolism is affected by muscle, cardio respiratory, and functional exercise on the body.

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