

PHYSICAL EDUCATION
Associate of Arts Degree
Catalog 2010-2011

The Associate of Arts degree is intended for transfer to a four-year baccalaureate granting institution. Those wishing to transfer to a baccalaureate granting institution and pursue a degree program in Psychology are strongly encouraged to check with their advisor and carefully coordinate their coursework at San Juan College with the requirements of the transfer institution. In general, however, it is suggested that students complete the New Mexico Transfer Module as outlined below. A grade of "C" or better is required in all Psychology core and elective courses.

				Credit Hours	Grade
Communications:					
_____	ENGL	111	Freshman Composition	3	_____
_____	ENGL	211	Advanced Composition	3	_____
_____	COMM	110	Public Speaking OR		
_____	COMM	111	Interpersonal Communication	3	_____
Mathematics:					
_____	MATH	185	College Algebra	3	_____
_____	MATH	241	Statistics	4	_____
Laboratory Science					
_____	BIOL	121	Introductory Biology I	4	_____
_____	BIOL	252	Human Anatomy and Physiology I	4	_____
_____	BIOL	253	Human Anatomy and Physiology II	4	_____
_____	CHEM	111	General Chemistry I	4	_____
_____	PHYS	211	General Physics I	3	_____
_____	PHYS	211L	General Physics Lab I	1	_____
Social and Behavioral Science:					
_____	PSYC	120	Introduction to Psychology	3	_____
_____	SOCI	110	Introduction to Sociology	3	_____
Humanities and Fine Arts:					
_____	_____	_____	History (HIST 121, 122, 211, OR 212)	3	_____
_____	_____	_____	Music (MUSI 110, 111, 112, 114, 130, OR 131)	3	_____
_____	_____	_____	Orientation in Art (ARTS 110)	3	_____
_____	_____	_____	Philosophy (PHIL 110, 115)	3	_____
Health and Physical Education:					
_____	PHED	113	Introduction to Personal Training	3	_____
_____	PHED	125/HLTH 150	Personal Health and Wellness	3	_____
_____	PHED	138	Weight Loss/Weight Training	3	_____
_____	PHED	155	First Aid/CPR	2	_____
Required Physical Education Activity Classes:					
_____	PHED	123	Swimming	1	_____
Select <u>One</u> team Sport:					
_____	PHED	188	Volleyball I OR		
_____	PHED	288	Volleyball II	1	_____
_____	PHED	182	Basketball I OR		
_____	PHED	282	Basketball II	1	_____
Select <u>Two</u> group Exercise Class (Can choose one dance as an option for one group exercise class):					
_____	PHED	119	Pilates	2	_____
_____	PHED	127	Beginning Yoga I	1	_____
_____	PHED	132	Group Exercise	1	_____
_____	PHED	144	Group Exercise – Step Aerobics	1	_____
_____	PHED	145	Group Exercise – Body Conditioning	1	_____

Total credit hours required for this degree is 69-70