

PHYSICAL EDUCATION AIDE, ASSOCIATE IN SCIENCE

This program is designed for individuals interested in working in the field of physical education. It prepares them for paraprofessional jobs in schools and fitness programs by instructing them in group work, safety, and knowledge of injuries. The Physical Education Aide Associate in Science program also offers a wide variety of sports activity courses.

Learning Outcomes

Upon successful completion of the program, students will be able to:

- Apply basic principles of safety in a physical education activity.
- Assist or lead various physical fitness/education activities in a group setting.
- Identify injuries common to fitness activities and basic treatment.
- Apply basic physical training principles in designing fitness training programs.
- Identify career options in health, physical education and fitness.
- Analyze how physical, social, emotional, and/or intellectual factors contribute to wellness and healthful living.

Associate in Science Degree Major Requirements

Code	Title	Units
Required Core		
ANAT 5	Human Biology	4
KINS 40	Introduction to Kinesiology	3
KINS 41	Prevention and Care of Athletic Injuries	3
KINS 48	Psychology of Fitness and Sport Performance	3
Current Red Cross	Advanced First Aid Card and CPR Card	0
Select 6 units from the following:		6
ATHL 18	Fundamentals of Football	
ATHL 20.1	Skill Development for Baseball	
ATHL 20.2	Skill Development for Basketball - Men	
ATHL 20.3	Skill Development for Basketball - Women	
ATHL 20.4	Skill Development for Football	
ATHL 20.5	Skill Development for Golf	
ATHL 20.6	Skill Development for Softball	
ATHL 20.8	Skill Development for Tennis	
ATHL 20.9	Skill Development for Track and Field	
ATHL 20.11	Skill Development for Soccer - Men	
ATHL 20.12	Skill Development for Soccer - Women	
ATHL 21	Competitive Golf	
ATHL 29	Varsity Athletic Conditioning	
ATHL 30.1	Intercollegiate Basketball: Women	
ATHL 30.2	Intercollegiate Softball: Women	
ATHL 30.3	Intercollegiate Volleyball: Women	
ATHL 30.4	Intercollegiate Tennis: Women	
ATHL 30.6	Intercollegiate Soccer: Women	
ATHL 30.7	Intercollegiate Beach Volleyball: Women	
ATHL 31.1	Intercollegiate Football: Men	

ATHL 31.2	Intercollegiate Basketball: Men
ATHL 31.3	Intercollegiate Baseball: Men
ATHL 31.4	Intercollegiate Golf: Men
ATHL 31.5	Intercollegiate Soccer: Men
ATHL 32.1	Intercollegiate Track and Field: Women and Men
ATHL 32.4	Intercollegiate Cross Country: Women and Men
ATHL 61A	Elements of Football I
KINS 50	Orientation for Athletes and Athletics
PFIT 2	Core Fitness Training
PFIT 6	Cross-Training
PFIT 7	Distance Training
PFIT 8	Aerobic Conditioning
PFIT 9	Personal Fitness
PFIT 10A	Beginning Weight Training
PFIT 10B	Intermediate Weight Training
PFIT 10C	Advanced Weight Training
PFIT 14	Exercise for Health and Fitness
PFIT 15A	Core Matwork I
PFIT 15B	Core Matwork II
PFIT 15C	Core Matwork III
PFIT 15D	Core Matwork IV
PFIT 16A	Tai Chi I
PFIT 16B	Tai Chi II
PFIT 16C	Tai Chi III
PFIT 16D	Tai Chi IV
PFIT 17A	Yoga I
PFIT 17B	Yoga II
PFIT 17C	Yoga III
PFIT 17D	Yoga IV
PFIT 18A	Aerobic Fitness I
PFIT 18B	Aerobic Fitness II
PFIT 18C	Aerobic Fitness III
PFIT 18D	Aerobic Fitness IV
PFIT 19A	Body Sculpting I
PFIT 19B	Body Sculpting II
PFIT 19C	Body Sculpting III
PFIT 19D	Body Sculpting IV
PFIT 20	Circuit Training
PFIT 21A	Flexibility and Relaxation Techniques I
PFIT 21B	Flexibility and Relaxation Techniques II
PFIT 21C	Flexibility and Relaxation Techniques III
PFIT 22A	Fitness Through Swimming I
PFIT 22B	Fitness Through Swimming II
PFIT 22C	Fitness Through Swimming III
PFIT 22D	Fitness Through Swimming IV
PFIT 23A	Functional Fitness I
PFIT 23B	Functional Fitness II
PFIT 23C	Functional Fitness III
PFIT 23D	Functional Fitness IV
PFIT 30A	Triathlon Training I
PFIT 30B	Triathlon Training II
PFIT 30C	Triathlon Training III

PHED 2A	Golf I	
PHED 2B	Golf II	
PHED 2C	Golf III	
PHED 2D	Golf IV	
PHED 5A	Tennis I	
PHED 5B	Tennis II	
PHED 5D	Tennis III	
PHED 5E	Tennis IV	
PHED 6A	Soccer I	
PHED 6B	Soccer II	
PHED 6C	Soccer III	
PHED 7A	Swimming I	
PHED 7B	Swimming II	
PHED 9A	Pickleball I	
PHED 9B	Pickleball II	
PHED 9C	Pickleball III	
PHED 9D	Pickleball IV	
PHED 12B	Competitive Swimming I	
PHED 12C	Competitive Swimming II	
PHED 12D	Competitive Swimming III	
PHED 12E	Competitive Swimming IV	
PHED 15A	Volleyball I	
PHED 15B	Volleyball II	
PHED 15D	Volleyball III	
PHED 15E	Volleyball IV	
PHED 22A	Introduction to Basketball	
PHED 22B	Intermediate Basketball	
PHED 22C	Intermediate/Advanced Basketball	
PHED 22D	Advanced Basketball	
PHED 23A	Martial Arts/Self-Defense I	
PHED 23B	Martial Arts/Self-Defense II	
Select one course from the following:		3
SPCH 1	Public Speaking	
SPCH 2	Small Group Communication	
TOTAL MAJOR UNITS		22
Additional Requirements		38
Complete Competency Requirements, general education pattern (MPC General Education, CSU General Education, or IGETC), and electives, if needed, for a total of 60 degree-applicable units.		
Total Units		60

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.

The model sequence of coursework below is one pathway for students to complete the program. The information below is not an official educational plan. An MPC Counselor can assist you with creating a personalized education plan based on your academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling and up-to-date program requirements.

Suggested Course Sequence

Year 1		
Fall		
ENGL 1A	College Composition	3
or ENGL 1AE	or College Composition: Enhanced	
LIBR 50	Introduction to Library and Research Skills	1
MPC GE Area A2 (MATH 16 Recommended)		4
KINS 40	Introduction to Kinesiology	3
KINS 41	Prevention and Care of Athletic Injuries	3
Select 1 unit from the approved list of Major activity courses		1
Units		15
Spring		
ANAT 5	Human Biology	4
KINS 48	Psychology of Fitness and Sport Performance	3
SPCH 1	Public Speaking	3
or SPCH 2	or Small Group Communication	
MPC GE Area C		3
Select 2 units from the approved list of Major activity courses		2
Units		15
Year 2		
Fall		
MPC GE Area F		3
Select 1 unit from the approved list of Major activity courses		1
Electives (ENGL 2 Recommended)		3
Electives		9
Units		16
Spring		
Red Cross Advanced First Aid and CPR Certification		0
Select 2 units from the approved list of Major activity courses		2
Electives		12
Units		14
Total Units		60

MPC "Ready to Work" Career Education programs offer students the opportunity to gain knowledge and skills needed for employment and job advancement.

All students should consult with a Counselor to discuss career pathways, for support with career exploration and planning, and to create a personalized education plan to help them meet their academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling services provided by MPC and to connect with a Counselor.

Additional resources are available through MPC's Career & Transfer Resource Center (CTRC). The CTRC offers career resources, workshops, guidance and referrals. Visit the CTRC for support finding online career information and other resources to explore majors, occupations, and employment information.