



Health Sciences Career and Academic Pathways (CAPs) Program Map: Associate in Arts For Physical Education

Total number of units: 65 units

Top Code/Academic Plan: 1228.00

Updated on June 4, 2022

Semester 1	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 100	Introduction to Kinesiology	3	Or any eligible elective course for PE.	This course is offered day short term and online.
Program Course	HEALTH 012	Safety Education and First Aid	3	Or any eligible elective course for PE; AAGE Area E1.	This course is offered day short term and online.
Program Course	KIN	Any Kinesiology course	1	Activity Course; AAGE Area E2.	These courses are offered face to face, short term, and online.
Program Course	SOC 001	Introduction to Sociology	3	AAGE Area B2; IGETC Area 4. This course has sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	This course may have sections that include a low cost (LCT) or no cost textbook (ZTC). Check the current catalog for the section number(s). You can search for classes in the ELAC and LACCD Schedule of Classes under "Class Search Type" as "Zero Textbook Cost" or "Low-Cost Textbook Classes."
GE Course	ENGLISH 101	College Reading & Composition 1	3	AAGE Area D1; IGETC Area 1A. This course has sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	This course may have sections that include a low cost (LCT) or no cost textbook (ZTC). Check the current catalog for the section number(s). You can search for classes in the ELAC and LACCD Schedule of Classes under "Class Search Type" as "Zero Textbook Cost" or "Low-Cost Textbook Classes."

Total Units 13

Intersession	Course Code	Course	Units	Notes	Advising Notes
Program Course	HEALTH 011	Principles of Healthful Living	3	Or Dept. recommends HEALTH 002, 007 or 008.	

Total Units 3

Semester 2	Course Code	Course	Units	Notes	Advising Notes
Program Course	ANATOMY 001	Introduction to Human Anatomy	4	AAGE Area A; IGETC Area 5B and 5C (Prereq).	
Program Course	KIN MAJ 109	Women In Sport	3	Or any eligible elective course for PE; Dept. recommends KIN MAJ 100, 103, 106, 116, 117, 106.	This course is offered online in the summer and fall.
Program Course	PSYCH 001	Intro to Psychology	3	AAGE Area D1; IGETC Area 4. This course has sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	
Program Course	KIN	Any Kinesiology course	1	Activity Course.	These courses are offered face to face, short term, and online.

Semester 2	Course Code	Course	Units	Notes	Advising Notes
GE Course	POL SCI 001	American Government	3	Any American institution course (AAGE Area B1); IGETC Area 4; CSU Grad Req. This course has sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	This course may have sections that include a low cost (LCT) or no cost textbook (ZTC). Check the current catalog for the section number(s). You can search for classes in the ELAC and LACCD Schedule of Classes under "Class Search Type" as "Zero Textbook Cost" or "Low-Cost Textbook Classes."

Total Units 14

Intercession	Course Code	Course	Units	Notes	Advising Notes
Program/GE Course	MATH 125	Intermediate Math	5	Needed to take chemistry unless placed higher than MATH 125; AAGE Area D2 (Prereq).	This course may have sections that include a low cost (LCT) or no cost textbook (ZTC). Check the current catalog for the section number(s). You can search for classes in the ELAC and LACCD Schedule of Classes under "Class Search Type" as "Zero Textbook Cost" or "Low-Cost Textbook Classes."

Total Units 5

Semester 3	Course Code	Course	Units	Notes	Advising Notes
Program Course	MATH 227	Statistics	4	Free Elective; IGETC Area 2A. This course has sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	
Program Course	CHEM 051	Fundamentals of Chemistry	5	Needed in order to take Physiology; Free Elective; IGETC Area 5A/5C. Prerequisites are MATH 125, MATH 125S, or MATH 134.	
Program Course	KIN	Any Kinesiology Course	1	Activity course.	These courses are offered face to face, short term, and online.
Program/GE Course	AREA C: Any course in area C of AA General ed.		3	AA GE Area C; IGETC Area 3A or 3B.	

Total Units 13

Intercession	Course Code	Course	Units	Notes	Advising Notes
Program Course	Any CSU Transferable Course		3	Free Elective; IGETC Area 3B; Rec'd HISTORY 006, 011, 012 or 082 (CSU Grad Req). HISTORY 011 and 012 have sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	HISTORY 011, 012, and 082 may have sections that include a low cost (LCT) or no cost textbook (ZTC). Check the current catalog for the section number(s). You can search for classes in the ELAC and LACCD Schedule of Classes under "Class Search Type" as "Zero Textbook Cost" or "Low-Cost Textbook Classes."

Total Units 3

Semester 4	Course Code	Course	Units	Notes	Advising Notes
Program Course	PHYSIOL 001	Intro to Human Physiology	4		
Program Course	KIN	Any Kinesiology course	1	Activity course.	These courses are offered face to face, short term, and online.

Semester 4	Course Code	Course	Units	Notes	Advising Notes
Program Course	COMM 101	Oral Communication 1	3	CSU-Transferable Elective; Free Elective; IGETC Area 1C.	
Program Course	ENGLISH 102/103	College Reading and Composition II /Composition and Critical Thinking	3	CSU-Transferable Elective; Free Elective; IGETC Area 1B. Either course has sections that are part of the Honors Program. Check the current catalog for the section number(s). To apply for admission to the Honors Program, please visit the ELAC Counseling Center. For additional information about the Honors Program, please visit the ELAC Honors Program website or contact Dr. Bermudez at bermudn@elac.edu .	Either course may have sections that include a low cost (LCT) or no cost textbook (ZTC). Check the current catalog for the section number(s). You can search for classes in the ELAC and LACCD Schedule of Classes under "Class Search Type" as "Zero Textbook Cost" or "Low-Cost Textbook Classes."
Program Course	Any CSU Transferable Course		3	Free Elective; IGETC Area 3A.	

Total Units 14

Degree Path and Requirements:

This program emphasizes preparation for teaching, or career opportunities in Physical Education, or a number of other fields such as physical therapy, special education, recreation, athletic training, research and for positions in private industry or in public service.

In addition to physical fitness, dance and sports activities, the program includes the study of methods of teaching and coaching; rules, procedures and officiating of sports; history and principles of physical education and its relation to education in general.

This map is a suggested term-by-term sequence of courses to complete the program in a recommended time frame. This is an efficient and recommended plan, but actual plans may vary by individual student need. This map cannot replace a meeting with [counselors](#).

[Certificates and Degrees](#)

Department Advising Notes:

Please consult with a counselor to review your best General Education options based on your educational goals as course preferences may vary with your career objectives.

Program Description

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Career and Transfer Opportunities

Associate's degree program in PE has several career options in physical education however, additional certifications may be required in some areas. Possible jobs include:

- Personal trainer
- Physical therapy Aide
- Physical therapy assistant
- Coach
- Activities director
- Lifeguard

Bachelor's degree or higher in PE are generally required for sports instructors and high school coaches. These positions may require additional teacher certification, depending on state regulations. Other career options:

- Dietitian
- Teacher
- Fitness worker
- Recreational therapist
- Recreation director
- Physical education teacher
- Health club director
- Physical therapist
- Nutritionist
- Kinesiologist

Visit the [Transfer Center](#) for transfer information, which varies based on transfer college. Make an appointment with a [counselor](#). Students can visit [Career and Job Services](#) for career counseling and further exploration.

Youtube Videos

[You Belong at East Los Angeles College](#)

Program Map

A suggested sequence of classes to complete a degree, certificate, or program of study. Students should consult an academic counselor for variations to this plan based on part-time or full-time status, transfer plans, pre-requisites needed, etc.

Prerequisite Course

A specific course that must be completed before advancing to the next course.

Check the online catalog at elac.edu for the latest and most accurate information.

Contact

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