



1. Title: **Physical Education and Health**

2. Summary of Goals—Learning Outcomes:

At the completion of courses for a Physical Education and Health major at Golden West College the successful student should be able to:

- Demonstrate an understanding of the basic principles of physical fitness.
- Demonstrate an understanding of the rules and techniques of at least one team and one individual sport.
- Apply basic first aid and cardio-pulmonary resuscitation to an injured person.

3. Course Listing (18 Total Units):

Physical Education G103	Exercise for Healthy Living	2 units
Health Education G100	Personal Health	3 units
Health Education G112	First Aid/Cardio-Pulmonary Resuscitation	2 units
Pro Physical Education G180	The Physical Education Profession	3 units
Pro Physical Education G160	Athletic Training	2 units
Physical Education G173	Introduction to Weight Training	1 unit

One Aquatics course from the following 1 unit

Physical Education G109	Swimming for Fitness
Physical Education G111	Swimming
Physical Education G114	Surfing

One Mind and Body course from the following 1 unit

Physical Education G130	Yoga
Physical Education G132	Pilates for Fitness

One Individual Sport course from the following 1 unit

Physical Education G134	Bowling
Physical Education G136	Rock Climbing
Physical Education G158	Tennis
Physical Education G159	Table Tennis
Physical Education G150	Badminton

One Team Sport course from the following 1 unit

Physical Education G186	Basketball
Physical Education G192	Soccer
Physical Education G195	Volleyball
Physical Education G196	Sand Volleyball

<u>One Individual Fitness Course from the following</u>	1 unit
Physical Education G164 Aerobics	
Physical Education G166 Circuit Weight Training	
Physical Education G178 Cardiovascular Laboratory	
<u>Physical Education G181 Muscular Strength Training</u>	

Required Subtotal:	18 units
Completion of GE Requirements:	21-41 units
Additional Electives (as needed to reach 60):	
Degree Total:	<u>60 units</u>