

# PHYSICAL EDUCATION (AS)

## Associate of Science

### Transfer Program

#### Interest Areas:







Healthcare

Soc. Sciences and Human Svcs.

NIC's Physical Education Department provides students with the competence, confidence and motivation necessary to ensure health, fitness, and life-long learning. This program is for students interested in pursuing careers in teaching, coaching, athletic training, recreation, fitness, and health promotion fields. Areas of instruction include: human movement studies, motivation studies, rules and practice of specific sports, exercise/fitness principles and techniques, basic athletic injury prevention/treatment, and organizing/leading fitness and recreation programs. The suggested coursework normally fulfills the first half of baccalaureate degree requirements for physical education.

Program Website ([https://www.nic.edu/programs/viewprogram.aspx?program\\_id=65](https://www.nic.edu/programs/viewprogram.aspx?program_id=65))

## Program Requirements





Code	Title	Credits
<b>General Education Requirements</b>		
GEM 1 - Written Communication		6
GEM 2 - Oral Communication		3
GEM 3 - Mathematical Ways of Knowing		3-5
GEM 4 - Scientific Ways of Knowing <sup>1</sup>		4
GEM 5 - Humanistic and Artistic Ways of Knowing		6
GEM 6 - Social and Behavioral Ways of Knowing		6
GEM 7 - Institutionally Designated <sup>1</sup>		3
<b>Program Requirements</b>		
Select 16 credits from the following:		16
PE-160	Foundations of Physical Education	
PE-220	Sports Ethics	
PE-221	Fitness Activities Concepts	
PE-222	Wellness Lifestyles  	
PE-223	Exercise Physiology	
PE-225	Sports Psychology	
PE-227	Legal Aspects of Sport and Recreation	
PE-288	First Aid  	
BIOL-207	Concepts in Human Nutrition	3
or PE-224	Nutrition for Health, Fitness Exercise	
BIOL-175	Human Biology 	4
or BIOL-227	Human Anatomy Physiology I With Cadaver 	
<b>Elective Requirements</b>		
Courses 100-level or higher <sup>2</sup>		4-6
Total Credits		60-62

<sup>1</sup> This General Education Requirement is partially met by the Program Requirements.

<sup>2</sup> Recommend choosing courses from the Areas of Emphasis according to transfer institution requirements.

## Recommended Elective Courses by Areas of Emphasis

### Athletic Training/Exercise Science

Code	Title	Credits
BIOL-228	Human Anatomy Physiology II With Cadaver	4
CAOT-179	Medical Terminology	2
CHEM-101	Introduction to Essentials of General Chemistry I  	4
CHEM-111	Principles of General College Chemistry I  	5
PE-248	Athletic Injuries-Sports Medicine	3
PE-250	Clinical Athletic Training	3
PE-253	American Council of Exercise Group Fitness Instructor Certification	2

### Coaching

Code	Title	Credits
PE-241C	Coaching Methods: Soccer	2
PE-241D	Coaching Methods: Softball/Baseball	2
PE-241E	Coaching Methods: Basketball	2
PE-241F	Coaching Methods: Wrestling	2
PE-242	Sports Officiating	2
PE-248	Athletic Injuries-Sports Medicine	3
PE-253	American Council of Exercise Group Fitness Instructor Certification	2

### K-12 Education

Code	Title	Credits
EDUC-201	Introduction to Teaching	3
PE-243	Play and Game Theory	2
PE-253	American Council of Exercise Group Fitness Instructor Certification	2
PE-110/PE-111	Physical Activity Courses	1-7

### Outdoor Recreation

Code	Title	Credits
PE-237A	Wilderness Backpacking	3
PE-237B	Wilderness Survival	3
PE-237C	Whitewater Guiding	3
PE-237D	Mountaineering	3
PE-237E	Outdoor Programming and Leadership	3
PE-237F	Outdoor Navigation	3
PE-237H	Introduction to Outdoor Cooking	3
PE-237J	Swift Water Rescue	3

### Course Key



GEM



WCHE



AAS  
Institutionally  
Designated



Gateway



Milestone

## Program Outcomes

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

2      *Physical Education (AS)*

- Articulate and apply the foundational principles of comprehensive health, nutrition and fitness promotion and manage wellness for yourself and others.
- Explain and apply the fundamental principles of human body, movement and performance.
- Analyze and interpret professional ethical standards for individual practice, conduct, and citizenship, especially as related to the discipline and profession.

In addition to the program outcomes, students will meet the North Idaho College General Education (GEM) Requirements.