

Physical Education (510)

ASSOCIATE OF ARTS

About Our Program

This program is intended to provide the first two years of a four-year baccalaureate program. Highland's program and comprehensive facility enables the student to receive an excellent background of experience in physical education, sports, and recreation.

Nature of Work and Employment

College graduates of four-year baccalaureate programs with a major in physical education or the related fields of fitness, health, recreation, or sports will discover many opportunities for career employment within the education system as teachers, coaches, trainers, and administrators. Graduates may also find employment within industry as fitness, recreation, and sport specialists and within the health professions as fitness, physical, and recreational therapists.

Special Considerations

Careers in physical education and related fields are challenging, interesting and personally rewarding. The work environment is most often surrounded with a high degree of enthusiasm and motivation. The listed coursework is a recommendation only. Students should check with a student advisor for HCC graduation requirements and specific university requirements in this major. Students must meet with an advisor to ensure that the special requirements of the department and institution to which they plan to transfer are met. Colleges and universities have specific requirements for transfer students.

Program Contacts

Call Highland at 815-235-6121 for the following program contacts:

- Pete Norman, Director of Physical Ed. and Athletics
- Vicki Schulz, Student Advisor/Transfer Coordinator

Recommended Courses

The following are recommended courses for this major only. Students must still meet all requirements for the Associate of Arts degree (see page 56) in order to graduate from Highland Community College. For more information, please see your student advisor.

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| BIOL | 120 | Foundations of Anatomy and Physiology | 5 | |
| PHYD | 111 | Introduction to Physical Education | 2 | |
| PHYD | 112 | Health | 2 | |
| PHYD | 115 | Introduction to Recreation | 3 | |
| PHYD | 124 | Theory of Football Coaching | 2 | |
| PHYD | 135 | Games in Elementary Physical Education | 3 | |
| PHYD | 212 | First Aid | 2 | |
| PHYD | 225 | Theory of Baseball/Softball Coaching | 2 | |
| PHYD | 226 | Theory of Basketball Coaching | 2 | |
| PHYD | 227 | Sports Officiating | 3 | |
| * | PSY | 261 | Educational Psychology | 3 |
| * | PSY | 262 | Human Growth and Development | 3 |

* Course has a prerequisite. See course description.