



# PHYSICAL EDUCATION (510)

Associate of Science

## 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:

Mr. Pete Norman, Director of Physical Ed. and Athletics  
Ms. Vicki Schulz, Student Advisor

## RECOMMENDED COURSES

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

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 descriptions.