

## PHYSICAL EDUCATION MAJORS (Suggested Associate in Arts Degree Curriculum)

This worksheet is designed to help students select courses which are likely to apply to a major in **PHYSICAL EDUCATION (with specializations in P.E. Teacher Education, Athletic Coaching, Athletic Training, Exercise Science, Kinesiology, Personal Trainer, etc.)** These suggested courses satisfy requirements in the Associate in Arts degree program at Prairie State College and provide the basis for transferring to a four-year institution. This program meets the guidelines of the **IAI (Illinois Articulation Initiative) General Education Core Curriculum**. Students should obtain a copy of the **Associate in Arts Degree Worksheet** and should visit the IAI website at [www.iTransfer.org](http://www.iTransfer.org) for more information.

Most physical education programs offer specializations within the major. Common areas of specialization include: teacher education, athletic training, exercise science and physical fitness, kinesiology, personal training, etc. Students should consult the school to which they plan to transfer to discuss the variety of their program and course offerings and to determine which courses to take at the freshman/sophomore level at Prairie State College. Many of these programs have a competitive admissions process and require a specific minimum gpa for admission. Kinesiology and exercise science programs usually require a strong foundation in mathematics (such as statistics) and sciences (such as anatomy and physiology and physics). Consult with the transfer school early and often to access the most current admissions and course requirement information.

### STATE CERTIFICATION REQUIREMENTS IN TEACHER EDUCATION

To teach in Illinois public schools, teachers must be certified by the State of Illinois. To transfer into a baccalaureate program in education as a junior, students must complete 60-64 credits. Admission to university teacher preparation programs is competitive; completion of the recommended courses does not guarantee acceptance into a program. Students must pass the Illinois Basic Skills Test ([www.icts.nesinc.com](http://www.icts.nesinc.com)) which includes reading, writing, grammar, and math, as a university requirement for program admission. Most schools require a criminal background check prior to enrolling in field experience courses. Students should consult an academic advisor at the community college and senior university early and often.

## SUGGESTED CURRICULUM

*Each senior institution has its own transfer policies. Therefore, we cannot guarantee the accuracy of this information in regard to every individual school. Consult the school of your choice and/or the Prairie State College Advising Center to discuss the transferability of courses.*

### TRANSFERABLE GENERAL EDUCATION CORE (37-38 credits)

#### Area A: Communications (9 credits)

ENG 101 (3)	[C1 900]*	Composition (Prereq. ENG 099, C or better, or qualifying scored on English Placement Test)
ENG 102 (3)	[C1 901R]*	Composition II (Prereq. ENG 101 with C or better)
COMM 101(3)	[C2 900]	Principles of Communication (Prereq. Placement in ENG 099 or above)

\*Must have a C or better in ENG 101 & 102 to receive credit for the degree.

#### Area B: Humanities and Fine Arts (9 credits)

Select three courses with at least one course selected from the humanities area and one course from the fine arts area. Refer to the Associate in Arts Degree Worksheet, Area B, for a listing of approved course choices.

Humanities Course (3)	Select any Area B Humanities Course (Prereq. Placement in ENG 099 or above) (ENG course recommended for Illinois teacher certification)
Fine Arts Course (3)	Select any Area B Fine Arts Course (Prereq. Placement in ENG 099 or above) (ART 131 recommended for Illinois teacher certification)
Humanities/Fine Arts Course (3)	Select any Area B Course (Prereq. Placement in ENG 099 or above)

#### Area C: Mathematics (3 credits)

MATH 112 (3)	[M1 904]	General Education Mathematics (Prereq. MATH 095 & 096 with C or better <b>OR</b> MATH 095 and high school geometry, both with C or better <b>OR</b> qualifying score on Math Placement Test)
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**OR**

MATH 115 (3)	[M1 902]	General Education Statistics (Prereq. MATH 095 & 096 with C or better <b>OR</b> MATH 095 and high school geometry, both with C or better <b>OR</b> qualifying score on Math Placement Test)
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#### Area D: Physical and Life Sciences (7-8 credits)

Select one life science course and one physical science course. One course must have a lab component. Refer to the Associate in Arts Degree Worksheet, Area D, for a listing of approved course choices.

BIOL 112 (4)\* [L1 900L] Organismal Biology (*Prereq. High school biology or equivalent*)  
Physical Science Course (3-4)\* Select any Area D Physical Science Course (*Prereq. Placement in ENG 099 or above*)  
*\*Four credit lab science courses recommended for Illinois teacher certification*

### Area E: Social and Behavioral Sciences ( 9 credits)

Select three courses in at least two different disciplines. Refer to the Associate in Arts Degree Worksheet , Area E, for a listing of approved course choices.

PSYCH 101 (3) [S6 900] Introduction to Psychology (*Prereq. Placement in ENG 099 or above*)  
PSYCH 102 (3) [S6 902] Human Growth and Development: Lifespan (*Prereq. Placement in ENG 099 or above*)  
Social/Behavioral Sci Course (3) Select any Area E Social/Behav Sci Course (*Prereq. Placement in ENG 099 or above*)  
*\*POLSC 140 or HIST 201 or 202 recommended for Illinois teacher certification.*

## PHYSICAL EDUCATION MAJOR COURSE RECOMMENDATIONS ( 24-25 credits)

(Check with the school to which you plan to transfer to verify transferability of these courses for this major)

Select 24-25 credits from the “suggested” course recommendations listed below:

### Suggested physical education major often include:

BIOL 111 (4) Cellular and Molecular Biology (*Prereq. High School Biology or equivalent with a C or better within the past 5 years; placement in ENG 099 or above*)  
BIOL 221 (4) Human Anatomy & Physiology I (*Prereq. BIOL 11 with C or better OR CHEM 105 with C or better OR high school chemistry with C or better taken in the last 5 years*)  
BIOL 222 (4) Human Anatomy & Physiology II (*Prereq. BIOL 221*)  
ED 100 (3) Foundations of American Public Education (*Prereq. Placement in ENG 099 or above*)  
HLTH 101 (2) Health and Wellness  
PES 201 (2) Introduction to Physical Education  
PES 200 (3) Officiating Sports  
Up to four credits of physical education activity courses (one credit each activity)

### Other suggested courses that satisfy the PSC AA degree requirements may include electives such as:

Any additional courses selected from Areas B, C, D, or E  
Any foreign language courses\*

Additional academic or PE courses as recommended by the school to which you plan to transfer.

*\*Foreign Language Requirement: Some universities have a foreign language requirement. Generally, four years of a single foreign language in high school, or four semesters in college, will fulfill this requirement. It is recommended that students complete the entire sequence at one institution.*

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## 62 CREDITS REQUIRED FOR AN ASSOCIATE IN ARTS DEGREE

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### FOR FURTHER INFORMATION CONTACT:

Counseling & Advising Center Room 1190 (708) 709-3506  
Pam Ethridge, Coordinator of Physical Education Room T-138 (708) 709-3929 [pethridge@prairiestate.edu](mailto:pethridge@prairiestate.edu)

### ILLINOIS STATE BOARD OF EDUCATION:

For approved teacher certification programs in Illinois: [www.isbe.net/profprep/PDFs/Directory.pdf](http://www.isbe.net/profprep/PDFs/Directory.pdf)  
For certification information for new teachers in Illinois: [www.isbe.net/certification/html/becoming\\_teacher.htm](http://www.isbe.net/certification/html/becoming_teacher.htm)

### FOR TRANSFER INFORMATION:

u.select, formerly known as Course Applicability System (CAS): [www.transfer.org/uselect/](http://www.transfer.org/uselect/)  
Illinois Articulation Initiative (IAI): [www.iTransfer.org](http://www.iTransfer.org)  
Links to Articulation Tables for Illinois Colleges: <http://www.itransfer.org/IAI/Other/Articulationlinks.taf>  
Visit the web sites of colleges and universities to which you plan to transfer.

### FOR CAREER INFORMATION:

*Occupational Outlook Handbook*, U.S. Department of Labor: <http://www.bls.gov/oco/home.htm>  
National Athletic Trainers' Association: [www.nata.org](http://www.nata.org)