

## Pathway: Health Sciences & Wellness

### Associate of Science, Exercise Science – Physical Education Teacher Education



The Exercise Science program focuses on the many aspects of human movement, its application to physical activity, and the quality of one's life. The Physical Education Teacher Education program is intended for those students who are interested in a career in teaching physical education at the K- 12 level or higher.

Students complete coursework that provides a solid knowledge base of human anatomy, physiology, chemistry, and health. All students must complete the general education core and the Physical Education Teacher Education (PETE) courses. Students should carefully study the specific requirements of the institutions to which they plan to transfer. Based on student transfer needs, course substitutions are possible; however, the degree requirements must be met. Please speak with an Exercise Science advisor or PETE faculty member to finalize your program of study.

Upon completion of all coursework, the student would have an Associate of Science degree in Exercise Science: Physical Education Teacher Education and it is intended for transfer. The program offers a sound research based foundation and practical applications. While students must earn a Bachelor's degree and complete their teacher certification in order to teach at the collegiate level, students should plan on completing a Master's degree or higher.

### Contact Information

Contact information is available on the [Exercise Science](#) program website.

### Competencies

Upon successful completion of this program, students will be able to:

1. Describe the development of Physical Education as an academic discipline
2. Demonstrate the competent performance of motor skills in a variety of physical activities across the lifespan.
3. Apply bioscience (anatomical, physiological) concepts to skilled movement and fitness.
4. Describe behavior modification methods that enhance health
5. Design appropriate physical education learning activities based on the students, the learning environment, and the lesson objectives.

Map your individual academic plan of courses with your College Advisor.

Students may need to take prerequisite courses before beginning college level math and English courses or moving through a program's course sequence. Check the [Course Descriptions](#) section of the catalog to see the course prerequisites. Students should work with their advising team on determining prerequisite requirements.

Certain courses may only be offered in Fall or Spring semester. Students who are part time or have unique circumstances should work with their Academic Advisors to develop their customized academic plan.

If students choose to transition to another program within the Health Sciences & Wellness pathway, they should be particularly aware of the choice points that indicate when a decision to branch off into another program must be made to ensure credits and time are not lost.

Coursework common to all degrees within this pathway is indicated by the ✓ in the Common Academic Coursework (CAC) column below.

### First Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
WC	✓	ENGL 1010	English Composition: I	3	<b>Milestone-</b> Completion of ENGL 1010 and MATH 1400 as prerequisites for other courses.
QL	✓	MATH 1400	College Algebra	3	
SS	✓	STRT 1000	Strategies for Success	3	<b>Choice Point-</b> KIN 1100 provides overview of various careers in the field of Exercise Science.
		KIN 1100	Kinesiology: The Science of Human Movement	3	
		KIN 1006	Fitness Component: Flexibility	2	<b>Milestone-</b> Students begin development of their professional portfolio during this semester and continue throughout the program.
		HLED 1221	Standard First Aid & Safety	2	
			Semester Total	16	

## Second Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		PEPR 1470	PETE Practicum I	1	<b>Milestone-</b> PETE students begin working with Home School PE students in a PE setting
		KIN 1007	Fitness Component: Cardiovascular Endurance	2	
		HLED 1006	Personal Health	3	
		HLTK 1210	Human Body Systems	3	
OC	√	COMM 2010	Public Speaking	3	
NS		BIO 1002	Discovering Science	4	
			Semester Total:	16	

## Third Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		PEPR 2470	PETE Practicum II	1	<b>Milestone-</b> PETE students design and teach PE lessons to Home School students.
		HOEC 1140	Nutrition	2	
		KIN 1008	Fitness Component: Muscular Strength/Muscular Endurance	2	<b>Milestone-</b> PETE students observe PETE professionals in the field.
		ZOO 2010	Anatomy & Physiology I	4	<b>Milestone-</b> Completion of Drugs & Behavior is required for Health Certification.
HC		PSYC 1000	Psychology 1000	3	
		PSYC 2210	Drugs & Behavior	3	<b>Choice Point-</b> Begin working with the four-year university regarding transfer upon degree completion.
			Semester Total:	15	

## Fourth Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
HSI	√		Choose an approved U.S./ Wyoming Constitution course	3	<b>Milestone-</b> Completion of the LCCC general education core and eligible for the Interstate Passport.
CE		THEA 1100	Beginning Acting	3	
		PEPR 2475	PETE Practicum III	1	<b>Milestone-</b> PETE students teach PE units to Home School students.
		ZOO 2020	Anatomy & Physiology II	4	<b>Milestone-</b> Completion of AS degree in Exercise Science – Physical Education Teacher Education.
PS		STAT 2050	Fundamentals of Statistics	4	
			Semester Total:	17	

Program credit hour total	64
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## Program Comments

The information below is intended to be a guide, and does not guarantee regional job placement, job availability, or a specific wage after completion of the program.

The AS in Exercise Science – Physical Education Teacher Education is intended for students who are wishing to transfer to a university and obtain a Bachelor's or Master's degree. Most of the potential careers listed below require a student to transfer and continue their education at the next level. Potential careers include athletic training, physical education teacher education (PETE), coach, or recreation manager.

Additional information on careers in Exercise Science – Physical Education Teacher Education is available through [Career Coach](#).

## Transfer Information

The AS Exercise Science – Physical Education Teacher Education degree is well suited for transfer to a Bachelor degree program. LCCC courses may transfer to institutions in addition to those with formal articulation agreements. Students are strongly encouraged to determine the degree requirements and transfer policy of the specific college/university and program to which they plan to transfer.