

Physical Education Studies AS (PEDS)

Catalog: 2025-2026			Effective Date: 9/01/2023
CR	COURSE	COURSE TITLE	SUNY GEN ED
1-2	HRD 100, HRD 100A or HRD 110	FRESHMAN EXPERIENCE	
3	ENG 101	<i>Introduction to College Writing</i>	GCWO
3	ENG 102, ENG 103, ENG 104, ENG 105, ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110	<i>Writing II</i>	GCWO
4	MAT 127 (Prereq Required)	<i>Introductory Statistics with Probability</i>	GMAT
4	BIO 107 (Prereq Required)	<i>Anatomy and Physiology I</i>	GNSL
4	BIO 108 (Prereq Required)	<i>Anatomy and Physiology II</i>	GNSL
3	PSY 101	<i>General Psychology</i>	GSSC
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences		GART GWRL GHUM
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice		GDVR
3	PED 105	<i>Introduction to Physical Education</i>	
3	PED 106	<i>Athletic Training I</i>	
3	PED 210 (Spring only)	<i>Philosophy, Principles and Organization of Athletics in Education</i>	
2	PED 212 (Fall only)	<i>Theory and Techniques of Coaching</i>	
3	HED 103	<i>College Health</i>	
2	HED 104	<i>First Aid and Safety</i>	
6	PED Activity Credits		
8	Electives	Athletic Training, Coaching/ Health and Physical Education Teaching, Fitness & Performance or Adventure Sports course concentrations recommended	
64	Minimum credits required for graduation		

Note: Please review the back of this form for additional information.

Notes on Physical Education Studies AS (PEDS)

❖ **COURSE PREREQUISITES:**

BIO 107	Within the last 5 years Regents Biology 80 and Regents Chemistry 80; or BIO 103 with C or better and CHM 103 with C or better; or equivalent	MAT 127	MAT 097 within 4 years and 12 earned credits or MAT 108 within 4 years
BIO 108	BIO 107		

PLEASE READ: The four-semester sequence may vary by individual student interest and science course requirements.

❖ **RECOMMENDED SEQUENCE:**

FIRST YEAR

First Semester		Second Semester	
1-2	HRD 100, HRD 100A or HRD 110		
3	ENG 101	3	ENG 102 – ENG 110
3	PED 105	3	PSY 101
3	HED 103	2	HED 104
2	PED 212	3	PED 210
1	PED Activity Course	1	PED Activity Course
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences	4	MAT 127

SECOND YEAR

Third Semester		Fourth Semester	
3	SUNY GEN ED US History and Civic Engagement	3	SUNY GEN ED World History and Global Awareness
4	BIO 107	4	BIO 108
3	PED 106	2	PED Activity Course
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice	3	Recommended Focus Area elective - See Note 1
3	Recommended Focus Area elective - See Note 1	2	Recommended Focus Area elective - See Note 1
2	PED Activity Course		

NOTES:

1. Physical Education Focus Areas:

Athletic Training	Coaching/Health & Physical Education	Adventure Sports	Fitness & Performance
PED 206 Athletic Training II HRD 178 – Applied Internship -Athletic Training	BIO 115 Human Sexuality PED 211 Health Science for Coaching (Summer only)	PED 152 Challenge Course I PED 162 Challenge Course II (Spring only) PED 165 Rock Climbing I PED 166 Rock Climbing II AVS 102 Basic River and Backwater Canoeing AVS 221 Challenge Course Facilitation HED 108 Wilderness First Responder	PED 109 – Fitness and Conditioning Choose any PED activity in areas of Golf, Volleyball, Lifetime Wellness, Yoga, Aerobic Fitness, Weight Training, Tai Chi and/ or Recreational Cycling

❖ **DEFINITION OF COURSE REQUIREMENTS:** See <http://catalog.sunyacc.edu/academics/degree requirements>

❖ **FINANCIAL AID RECIPIENTS:** A student **must** choose courses that are within their degree program. Students are encouraged to meet with their assigned academic advisor for any questions about course selection and degree program requirements. Please visit the Office of Financial Aid for any aid-related questions.

❖ **SUNY GEN ED KNOWLEDGE AREAS:** See <http://catalog.sunyacc.edu/academics/generaleducation>

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| ❖ Mathematics (and Quantitative Reasoning) (GMAT) | ❖ Diversity: Equity, Inclusion and Social Justice (GDVR) |
| ❖ Natural Sciences (and Scientific Reasoning) (GNSC/L) | ❖ Humanities (GHUM) |
| ❖ Social Sciences (GSSC) | ❖ The Arts (GART) |
| ❖ US History and Civic Engagement (GUSC) | ❖ World Languages (GWRL) |
| ❖ World History and Global Awareness (GGLB) | ❖ Communication – Written and Oral (GCWO) |