**Physical Education Studies AS (PEDS)**

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| **Catalog: 2018-2019 Effective Date: 9/01/2018**  |
| **CR** | **COURSE** | **COURSE TITLE** | **SUNY****GEN ED** | **TR** | **SEMESTER** |
| 1-2 | HRD 100, HRD 100A or HRD 110 | FRESHMAN EXPERIENCE |  |  |  |  |  |  |
| 3 | ENG 101 or ENG 100A & B | *Introduction to College Writing* or *Writing Reading Workshop A/B* | GEBC |  |  |  |  |  |
| 3 | SUNY GEN ED Basic Communication ENG 102, ENG 103, ENG 104, ENG 105,ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110 |  | GEBC |  |  |  |  |  |
| 4 | MAT 127 (Prereq Required)  | *Introductory Statistics with Probability*  | GEMA |  |  |  |  |  |
| 4 | BIO 107 (Prereq Required) | *Anatomy and Physiology I* | GENS |  |  |  |  |  |
| 4 | BIO 108 (Prereq Required) | *Anatomy and Physiology II* | GENS |  |  |  |  |  |
| 3 | PSY 101 | General Psychology | GESS |  |  |  |  |  |
| 3 | SUNY GEN ED Western Civilization HIS 100, HIS 101 or HIS 102 |  | GEWC |  |  |  |  |  |
| 3 | SUNY GEN ED American HistoryHIS 103 or HIS 104 |  | GEAH |  |  |  |  |  |
| 3 | SUNY GEN ED The Arts, SUNY GEN ED Foreign Language or SUNY GEN ED Humanities  |  | GETAGEFLGEHU |  |  |  |  |  |
| 3 | PED 105 | Introduction to Physical Education |  |  |  |  |  |  |
| 3 | PED 106 | Athletic Training I |  |  |  |  |  |  |
| 2 | PED 107 or PED 108 | *Swimming and Water Safety* or *Advance Lifeguarding* |  |  |  |  |  |  |
| 3 | PED 210 | *Philosophy, Principles and Organization of Athletics in Education* |  |  |  |  |  |  |
| 3 | HED 103 | *College Health* |  |  |  |  |  |  |
| 2 | HED 104 | *First Aid and Safety* |  |  |  |  |  |  |
| 4 | PED Activity Credits |  |  |  |  |  |  |  |
| 12 | Electives | Coaching, Health and Physical Education Teaching, Athletic Training and 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)

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| * **COURSE PREREQUISITES:**
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| **BIO 107** | Within the last 5 years BIO 103 ( or Regents Biology 80) and CHM 103 (or Regents Chemistry 80); or BIO 103 with C or better and CHM 103 with C or better; or equivalent | **MAT 127** | MAT 096 within 4 years and 21 passed credits or MAT 097 within 4 years and 21 earned credits or MAT 108 |
| **BIO 108** | BIO 107 |  |  |

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| **PLEASE READ: The four semester sequence may vary by individual student interest and science course requirements.**  |
| * **RECOMMENDED SEQUENCE:**
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| **FIRST YEAR** |
| **First Semester** | **Second Semester** |
| 1-2 | HRD 100, HRD 100A or HRD 110 |  |  |
| 3 | ENG 101 or ENG 100 A & B | 3 | ENG 102 – ENG 110  |
| 3 | PED 105 | 3 | PSY 101 |
| 3 | HED 103 | 3 | HED 104 |
| 2 | PED 107 or PED 108 | 3 | PED 106 |
| 1 | PED Activity Course | 1  | PED Activity Course |
| 3 | SUNY GEN ED The Arts, SUNY GEN ED Foreign Language or SUNY GEN ED Humanities | 4 | MAT 127 |
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| **SECOND YEAR** |  |
| **Third Semester** | **Fourth Semester** |
| 3 | HIS 103 or HIS 104 | 3 | HIS 100, HIS 101 or HIS 102 |
| 4 | BIO 107 | 4 | BIO 108 |
| 3 | PED 210 | 1 | PED Activity Course |
| 3 | Recommended Focus Area elective - See Note 1 | 3 | Recommended Focus Area elective - See Note 1 |
| 3 | Recommended Focus Area elective - See Note 1 | 4 | Recommended Focus Area elective - See Note 1 |
| 1 | PED Activity Course |  |  |
| **NOTES:** |
| 1. Physical Education Focus Areas:
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| **Athletic Training** | **Coaching/Health & Physical Education** | **Adventure Sports** | **Fitness & Performance** |
| PED 206 Athletic Training IIHRD 178 – Applied Internship -Athletic Training | PED 211 Theory & Techniques of Coaching PED 212 Health Science for CoachingHED 105 Stress Management | PED 152 Challenge Course IPED 162 Challenge Course IIPED 165 Rock Climbing IPED 166 Rock Climbing IIAVS 102 Basic River and Backwater CanoeingAVS 221 Challenge Course FacilitationHED 108 Wilderness First Responder | PED 109 – Fitness and Conditioning |
| Choose any PED activity in areas of Golf, Tennis, Volleyball, Racquetball, Ballet, Lifetime Wellness, Yoga, Aerobic Fitness, Weight Training, Tai Chi and/ or Recreational Cycling |

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| * **DEFINITION OF COURSE REQUIREMENTS:** See <http://catalog.sunyacc.edu/academics/degreerequirements>
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| * **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.
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| * **SUNY GEN ED KNOWLEDGE AREAS:** See <http://catalog.sunyacc.edu/academics/generaleducation>
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|  | Mathematics (GEMA) |  | Other World Civilization (GEOC) |
|  | Natural Sciences (GENS) |  | Humanities (GEHU) |
|  | Social Sciences (GESS) |  | The Arts (GETA) |
|  | American History (GEAH) |  | Foreign Languages (GEFL) |
|  | Western Civilization (GEWC) |  | Basic Communication (GEBC) |