LIBERAL ARTS AND SCIENCES: PHYSICAL EDUCATION

HEGIS: 5299.30
SUNY CODE: 1087

The Physical Education program is designed to prepare students to transfer to a four-year college or university. The curriculum emphasizes professionalism, sportsmanship, health awareness and extracurricular athletic activities. Graduates are prepared to:

-Write and develop a lesson plan
-Demonstrate and develop leadership skills
-Analyze individual athletic skills and correct common errors
-Demonstrate a basic knowledge of history, rules and strategies
-Instruct and demonstrate athletic skills

Career Opportunities/Transfer Information
Students have transferred to colleges and universities such as Syracuse, Penn State, Adelphi, Hofstra, Rhode Island, SUC at Cortland, Ithaca, Springfield and Bowling Green. Past Herkimer graduates are currently employed as full-time teachers and coaches at high schools and colleges throughout New York State and beyond.

1st Year

1st Semester			Credits
EN	**111**	**English I**	**3**
FS	**100**	**First Year Student Seminar**	**1**
PE	**116**	**Basketball**	**.5**
PE	**120**	**History & Philosophy of Physical Education**	**3**
PE	**126**	**Softball**	**.5**
PE	**130**	**Physical Fitness**	**1**
PE	**143**	**Lacrosse (Men) OR**	
PE	**146**	**Lacrosse (Women)**	**.5**
		Laboratory Science Elective OR	
SC	**117**	**Nutrition**	**3-4**
		American History Selective**	**3**
		Total	**15.5-16.5**

2nd Semester			Credits
EN	**112**	**English II**	**3**
HE	**121**	**Personal & Community Health**	**3**
PE	**121**	**Volleyball**	**.5**
PE	**141**	**Track**	**1**
PE	**149**	**Weight Training**	**.5**
PE	**150**	**Gymnastics**	**1**
PE	**118**	**Swimming OR**	
PE	**170**	**Lifeguard Training**	**1**
SC	**141**	**Fundamentals of Biology I**	**4**
		Western Civilization Selective*	**3**
		Total	**17**

2nd Year

3rd Semester			Credits
HE	**128**	**First Aid & Basic Cardiopulmonary Resuscitation**	**2**
HE	**130**	**Wellness**	**3**
MA	**127**	**Mathematical Statistics I**	**3**
PE	**113**	**Tennis**	**.5**
PE	**114**	**Soccer**	**.5**
PE	**124**	**Badminton**	**.5**
SC	**253**	**Anatomy & Physiology I**	**4**
SS	**151**	**Introductory Psychology**	**3**
		Total	**16.5**

4th Semester			Credits
EN	**225**	**Public Speaking**	**3**
IS	**115**	**Computer Software Applications I**	**3**
PE	**112**	**Golf**	**.5**
PE	**147**	**Canoeing**	**.5**
SC	**254**	**Anatomy & Physiology II**	**4**
		Humanities Elective***	**3**
		Total	**14**

63-64 Credits Required
for the
Associate in Science Degree

Students should consult with their academic advisor for appropriate course selections.
*Student must select one (1) of the following: SS 111, SS 112, SS 145.
**Student must select one (1) of the following: SS 121, SS 122, SS 141.
***Student must select HU prefix courses only.
Physical Education majors' skills courses run for eight weeks each and letter grades will be assigned.
High School Regents Biology recommended as a prerequisite to the required Biology and Anatomy & Physiology courses.
Physical Education majors are required to take all activities in the semesters they are listed.

For more information, contact the Business, Health, Science and Technology Division at (315) 866-0300 or toll free 1-888-GO-4-HCCC, ext. 8230/8240.

This program complies with the State University General Education requirement.