



Physical Education

Physical Education A.A. Degree

The purpose of the **Physical Education** major is to provide a general program of study that focuses on physical education, fitness and sport.

The program will develop the student's understanding of how recreation, leisure activity, and sport impact individuals from a physical, sociological, and psychological perspective. Students will be introduced to exercise and nutrition guidelines, basic athletic injury prevention and treatment, organization of fitness and sport management programs, and emergency medical skills, including CPR.

