PHYSICAL EDUCATION MAJORS
(Suggested Associate in Arts Degree Curriculum)

This worksheet is designed to help students select courses which are likely to apply to a major in PHYSICAL EDUCATION (with specializations in P.E. Teacher Education, Athletic Coaching, Athletic Training, Exercise Science, Kinesiology, Personal Trainer, etc.) These suggested courses satisfy requirements in the Associate in Arts degree program at Prairie State College and provide the basis for transferring to a four-year institution. This program meets the guidelines of the IAI (Illinois Articulation Initiative) General Education Core Curriculum. Students should obtain a copy of the Associate in Arts Degree Worksheet and should visit the IAI website at www.iTransfer.org for more information.

Most physical education programs offer specializations within the major. Common areas of specialization include: teacher education, athletic training, exercise science and physical fitness, kinesiology, personal training, etc. Students should consult the school to which they plan to transfer to discuss the variety of their program and course offerings and to determine which courses to take at the freshman/sophomore level at Prairie State College. Many of these programs have a competitive admissions process and require a specific minimum GPA for admission. Kinesiology and exercise science programs usually require a strong foundation in mathematics (such as statistics) and sciences (such as anatomy and physiology and physics). Consult with the transfer school early and often to access the most current admissions and course requirement information.

STATE CERTIFICATION REQUIREMENTS IN TEACHER EDUCATION
To teach in Illinois public schools, teachers must be certified by the State of Illinois. To transfer into a baccalaureate program in education as a junior, students must complete 60-64 credits. Admission to university teacher preparation programs is competitive; completion of the recommended courses does not guarantee acceptance into a program. Students must pass either the Test of Academic Proficiency, have a composite ACT plus Writing score of 22, or an SAT score of 1030 in order to gain admission into a college of education. Information on the Test of Academic Proficiency can be found at www.il.nesinc.com. The test includes reading, writing, grammar, and math. Most schools require a criminal background check prior to enrolling in field experience courses. Students should consult an academic advisor at the community college and senior university early and often.

SUGGESTED CURRICULUM
Each senior institution has its own transfer policies. Therefore, we cannot guarantee the accuracy of this information in regard to every individual school. Consult the school of your choice and/or the Prairie State College Advising Center to discuss the transferability of courses.

TRANSFERABLE GENERAL EDUCATION CORE (37-38 credits)

Area A: Communications (9 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Prerequisites/Restrictions</th>
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</thead>
<tbody>
<tr>
<td>ENG 101 (3)</td>
<td>[C1 900]*</td>
<td>Composition (Prereq. ENG 099, C or better, or qualifying scored on English Placement Test)</td>
</tr>
<tr>
<td>ENG 102 (3)</td>
<td>[C1 901R]*</td>
<td>Composition II (Prereq. ENG 101 with C or better)</td>
</tr>
<tr>
<td>COMM 101(3)</td>
<td>[C2 900]</td>
<td>Principles of Communication (Prereq. Placement in ENG 099 or above)</td>
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</tbody>
</table>

*Must have a C or better in ENG 101 & 102 to receive credit for the degree.

Area B: Humanities and Fine Arts (9 credits)

Select three courses with at least one course selected from the humanities area and one course from the fine arts area. Refer to the Associate in Arts Degree Worksheet, Area B, for a listing of approved course choices.

Humanities Course (3)*

Fine Arts Course (3)*

Humanities/Fine Arts Course (3)*

*For Illinois teacher certification, select one English course numbered 200 or above. ART 131, ENG 243, HUMAN 101 or PHILO 205 recommended to meet the non-Western Cultures requirement at some senior institutions.

Area C: Mathematics (3 credits)

Select one math course. Refer to the Associate in Arts Degree Worksheet, Area C, for a listing of approved course choices.

Math Course (3)

Area D: Physical and Life Sciences (7-8 credits)

Select one life science course and one physical science course. One course must have a lab component. Refer to the Associate in Arts Degree Worksheet, Area D, for a listing of approved course choices.

BIOL 112 (4)*

Recommended
Physical Science Course (3-4)* Select any Area D Physical Science Course (Prereq. Placement in ENG 099 or above)
*Four credit lab science courses recommended for Illinois teacher certification

Area E: Social and Behavioral Sciences (9 credits)
Select three courses in at least two different disciplines. Refer to the Associate in Arts Degree Worksheet, Area E, for a listing of approved course choices.

PSYCH 101 (3) [S6 900] Introduction to Psychology (Prereq. Placement in ENG 099 or above)
PSYCH 102 (3) [S6 902] Human Growth and Development: Lifespan (Prereq. Placement in ENG 099 or above)
Social/Beh Sci Course (3) Select any non-PSYCH Area E Social/Behav Sci Course
*POLSC 140 or HIST 201 or 202 recommended for Illinois teacher certification.

PHYSICAL EDUCATION MAJOR COURSE RECOMMENDATIONS (24-25 credits)
(Check with the school to which you plan to transfer to verify transferability of these courses for this major)
Select 24-25 credits from the “suggested” course recommendations listed below:

Suggested physical education major often include:
BIOL 111 (4) Cellular and Molecular Biology (Prereq. HS BIOL, BIOL 100, 108 or 112 with C or better and placements in ENG 099 and MATH 090 or above)
BIOL 221 (4) Human Anatomy & Physiology I (Prereq. BIOL 111 or CHEM 105 in the past 5 years with C or better)
BIOL 222 (4) Human Anatomy & Physiology II (Prereq. BIOL 221 in the past 5 years with C or better)
ED 100 (3) Foundations of American Public Education (Prereq. in ENG 099 or above)
HLTH 101 (2) Health and Wellness
PES 200 (3) Officiating Sports
PES 201 (2) Introduction to Physical Education

Up to four credits of physical education activity courses (one credit each activity) from the following: PE 101, 102, 103, 104, 105, 106, 107, 108, 151, 161, 162, 163, 164, 165

Other suggested elective courses which satisfy the PSC AA/AS degree requirements may include transfer courses of 100 level or above (see the 2014-16 catalog, pages 49-51 for the list of approved transfer courses):
Additional courses recommended as transferable by the university to which you plan to transfer.
Foreign language courses (Some universities have a foreign language requirement. Generally, four years of a single foreign language in high school, or four semesters in college, will fulfill this requirement. It is recommended that students complete the entire sequence at one institution.)
For the AA or AS degree, student may use one vocational/technical course (four credits or less) that is not on the approved list if they present documentation (recent written correspondence or transfer/advising guide) that the receiving institution will accept the course for credit. If a student plans to use more than one such course, he/she must obtain approval from the Vice President for Academic Affairs.

62 CREDITS REQUIRED FOR AN ASSOCIATE IN ARTS DEGREE

FOR FURTHER INFORMATION CONTACT:
Counseling & Advising Center Room 1190 (708) 709-3506
Pam Kraay, Coordinator of Physical Education Room T-138 (708) 709-3929 pkraay@prairiestate.edu

ILLINOIS STATE BOARD OF EDUCATION:
For approved teacher certification programs in Illinois: www.isbe.state.il.us
For certification information for new teachers in Illinois: www.isbe.net/certification/html/becoming_teacher.htm

FOR TRANSFER INFORMATION:
MyCreditsTransfer, formerly known as u.select: http://www.transferology.com/state/il?all
Illinois Articulation Initiative (IAI): www.iTransfer.org
Links to Articulation Tables for Illinois Colleges: http://www.itransfer.org/IAI/Other/Articulationlinks.taf
Visit the web sites of colleges and universities to which you plan to transfer.

FOR CAREER INFORMATION:
National Athletic Trainers' Association: www.nata.org