

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	2nd Semester	Credits
EN 111 English I	3	EN 112 English II	3
FS 100 Freshman Seminar	1	HE 121 Personal & Community Health	3
PE 116 Basketball	.5	PE 121 Volleyball	.5
PE 120 History & Philosophy of Physical Education	3	PE 141 Track	1
PE 126 Softball	.5	PE 149 Weight Training	.5
PE 130 Physical Fitness	1	PE 150 Gymnastics	1
PE 143 Lacrosse (Men) OR		PE 118 Swimming OR	
PE 146 Lacrosse (Women)	.5	PE 170 Lifeguard Training	1
Laboratory Science Elective OR		SC 141 Fundamentals of Biology I	4
SC 117 Nutrition	3-4	Western Civilization Selective*	<u>3</u>
American History Selective**	<u>3</u>		
Total	15.5-16.5	Total	17

2nd Year			
3rd Semester	Credits	4th Semester	Credits
HE 128 First Aid & Basic Cardiopulmonary Resuscitation	2	EN 225 Public Speaking	3
HE 130 Wellness	3	IS 115 Computer Software Applications I	3
MA 127 Mathematical Statistics I	3	PE 112 Golf	.5
PE 113 Tennis	.5	PE 147 Canoeing	.5
PE 114 Soccer	.5	SC 254 Anatomy & Physiology II	4
PE 124 Badminton	.5	Humanities Elective***	<u>3</u>
SC 253 Anatomy & Physiology I	4		
SS 151 Introductory Psychology	<u>3</u>		
Total	16.5	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 Mathematics/Science/Allied Health & Physical Education Division at (315) 866-0300 or toll free 1-888-GO-4-HCCC, ext. 8230.

This program complies with the State University General Education requirement.