



Physical Education Studies

curriculum code: 1659 | HEGIS code: 5101

minimum credit hours required: 60

This degree program focuses on courses in the liberal arts and physical education theory and activity with an emphasis on health awareness, sportsmanship, and professionalism. Students will graduate from the program with a specific knowledge base and experiences in the areas of movement, sport/athletics, recreation, and the life sciences. Individual and dual sports, fitness and conditioning, team sports, recreation, and health are among the areas that will be studied. **Program completion will require students to attend some classes on the Jamestown Campus.**

REQUIRED COURSES	CR	JCC	SUNY	LAS
INT 1555: Inquire	2	Inquiry- Critical & Integrative Reasoning		X
ENG 1510: English Composition I	3	College Composition	HUMN	H
ENG 1530: English Composition II	3	College Comp & Oral Communication	COMW & COMO	H
Mathematics Elective - SUNY Gen Ed	3	SUNY Mathematics & Quantitative Reasoning	MATH	N
BIO 2510: Anatomy and Physiology I OR BIO 1500: Human Biology	4	SUNY Natural Science & Scientific Reasoning	NSCI	N
Social Sciences Elective - SUNY Gen Ed	3	SUNY Social Science		S
Program Core Electives choose any PHE or SPT Applied Learning course	3	Applied Learning		
BIO 2520: Anatomy and Physiology II OR Sciences Elective choose from BIO 1510, BIO 1570, BIO 1580, BIO 2760, CHE 1500, or CHE 1530	3-4			N
PHE 2880: Sport Nutrition	3			
PHE 1590: Principles of Fitness & Wellness	3			
Mathematics and Sciences Electives	5		X	N
Social Sciences Elective	6		X	S
Program Core Electives choose any PHE or SPT courses	12			
Open Electives up to 3 credits may need to be SUNY Gen ed- category specific and may need to fill JCC Essentials Global Perspective, Cultural Understanding, and Diversity requirements.	6-7	(Cultural Understanding; Global Perspectives, Diversity)	(2 categories, including DIVE) [3 credits]	
TOTAL CREDITS: 60			30	30

IMPORTANT POINT:

- Requirements for bachelor’s degrees in this field vary. Selection of electives should be made in close consultation with an advisor and should be based on student career specialization and transfer college requirements.