

# Treasure Valley Community College Associate of Arts Advising Worksheet

## Physical Education Emphasis (Major Code 1230)

This advising sheet outlines the suggested courses for an **Associate of Arts Oregon Transfer Degree (AAOT)** and wishing to transfer into a bachelor's program in **Physical Education**. The specific courses suggested within each category will aid in transfer to a bachelor's degree in **Physical Education** but are not required to be completed to earn the AAOT, as long as all AAOT general category requirements are met. **Students are strongly encouraged to work with their TVCC and transfer university advisors**

Courses	Cr.	Qtr.	Gr.
<b>Writing</b>			
WR 121 Z - English Composition	4		
WR 122 Z - English Composition	4		
<b>Speech</b>			
COM 111 Z -or - SP 112 or 219	4-3		
<b>Math</b>			
Any math course 100-level or higher	4		
<b>Health/Wellness/Fitness</b>			
HPE 295 (3 credits) - or - 3-1 credit Physical Education classes	3		
<b>Arts and Letters</b>			
Any Arts & Letters	3		
Any Arts & Letters	3		
Any Arts & Letters	3		
<b>Year 1</b>			
<b>Fall</b>			
HDEV 112 - Orientation -or - HDEV 120 - College Success	1-3		
EDUC 200 - Intro to Education	4		
BIOL 101 - General Biology	4		
HPE 194 - Professional Activities Lab	2		
HPE - Any Physical Education Activity	1		
<b>Winter</b>			
HPE 295 - Health and Fitness for Life	3		
HPE 120 - First Aid and CPR	2		
CHEM 104 - Survey of Chemistry	4		
HPE 194 - Professional Activities Lab	2		
HPE - Any Physical Education Activity	1		
<b>Spring</b>			
FNUT 225 – Nutrition	4		
HPE 194 - Professional Activities Lab	2		
HPE - Any Physical Education Activity	1		
SOC 231 - Human Sexuality	3		
<b>Year 2</b>			
<b>Fall</b>			
PSYC 201 Z – Introduction to Psychology I	4		
BIOL 231 - Human Anatomy and Physiology	4		
HPE 194 - Professional Activities Lab	2		
HPE - Any Physical Education Activity	1		
<b>Winter</b>			
PSYC 202 Z – Introduction to Psychology II	4		
BIOL 232 - Human Anatomy and Physiology	4		
HPE 294 - Professional Activities Lab	2		
HPE - Any Physical Education Activity	1		
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### 1. Foundation Skills Requirement

- A. Written Communication
  - B. Oral Communication
  - C. Mathematics
  - D. Health/Wellness/Fitness
- One or more courses totaling at least 3 credits

Courses used to fulfill foundation skills requirements may not be used to fulfill distribution requirements.


### 2. Distribution Requirements

- A. Arts & Letters  
Minimum of 3 courses chosen from at least two disciplines
- B. Social Sciences  
Minimum of 4 courses from at least two disciplines. These will be satisfied by course recommendations listed
- C. Science/Math  
Minimum of 4 courses from at least two disciplines (3 courses must be in science with Laboratories). These will be satisfied by course recommendations listed

### 3. Institutional Requirements & Electives

- \* A "C-" or better is needed to satisfy all requirements
- \* One course that fulfills the Cultural Literacy (CL) requirement
- \* No more than 12 career technical or professional technical credits
- \* Sufficient college level credits (classes with course numbers of 100 or above) to total 90 credits, including foundation distribution requirements and a minimum of 35 credits of electives or departmental requirements  
EXAMPLE: Math 105 is included in college level credit total, Math 060 is not included in college level credit total
- \* Cumulative 2.00 grade point average
- \* Oregon Universities generally require two years of one foreign language in high school, or two terms of one foreign language in college, for admittance

<b>Spring</b>			
PSYC 237 - Seasons of Life	4		
BIOL 233 - Human Anatomy and Physiology	4		
HPE 294 - Professional Activities Lab	2		
HPE - Any Physical Education Activity	1		

 Cultural Literacy Course \_\_\_\_\_