



GENERAL INFORMATION

The Physical Education Department offers a fully transferable program of study for students who wish to fulfill their lower division requirements at EvCC prior to transferring to a university for a major in Physical Education, Exercise Science, Kinesiology, Health and Fitness, Human Performance, or a related area.

Recent EvCC graduates have transferred to Western Washington University, Eastern Washington University, Central Washington University, University of Puget Sound, Seattle Pacific University, and Brigham Young University. EvCC graduates are working as elementary, middle school, and high school teachers and coaches, as youth sport coaches and leaders, as referees and umpires, as physical therapy assistants, and in local health and fitness facilities. Other related careers include athletic training, positions in community, worksite, and commercial fitness, wellness and recreation programs, and athletic administration.

The **Associate in Arts and Sciences - Option II** degree leads to transfer to a college or university in order to pursue a bachelor's degree. With the Option II degree, you will have completed most or all of the lower division, general education requirements typically required within a bachelor's degree. The complete description of this degree program, with a checklist, is provided in the Associate of Art and Sciences - Option II Guide. On the reverse side of this guide is a checklist with specific recommendations for Physical Education majors.

Also, since every college or university may have different requirements for entering and completing a Physical Education major, students should consult university catalogs and an EvCC advisor to make wise selections of courses at EvCC.

Whether you are pursuing a Physical Education major or simply seeking the opportunity and knowledge to establish and maintain a healthy lifestyle through physical activity, you will find enthusiastic instructors and a wide variety of courses in EvCC's Physical Education (PE) department.

GETTING STARTED AT EVCC

Our Enrollment Services Office provides information about application, advising, orientation and registration for new and continuing students. Though advising is voluntary, all prospective and current students are invited to contact the Enrollment Services Office or the Counseling, Advising and Career Center (CACC) if they would like to speak one-to-one with an advisor about getting started. Contact:

- ◆ Enrollment Services, Jackson Ctr
425-388-9219
admissions@evcc.ctc.edu
- ◆ Counseling, Advising and Career Center
Third Floor, Parks
425-388-9263

For specific information about Physical Education, Health and Wellness courses, contact:

- ◆ Sue Grigsby, Fitness Ctr 107, 425-388-9321
sgrigsby@everettcc.edu

Interested in participating in
Athletics at EvCC?

Go to:

www.everettcc.edu/athletics

or call 425-388-9328

Everett Community College does not discriminate on the basis of race, religion, creed, color, national origin, age, sex, sexual orientation, marital status, the presence of any physical, sensory or mental disability, or status as a disabled or Vietnam era veteran in its programs and activities or employment. The Vice President of Student Services has been designated to handle inquiries regarding student-related non-discrimination policies and can be reached at 2000 Tower Street, Everett, WA 98201, or by phone at (425) 388-9589. The Associate Vice President of Human resources has been designated to handle employment-related inquiries regarding the non-discrimination policies and can be reached at 2000 Tower Street, Everett, WA 98201. This publication is effective JUNE 2008. The College reserves the right to change courses, programs, degrees and requirements. It is the student's responsibility to be aware of correct information by routinely checking with Enrollment Services and/or the advisors listed in this publication. Requirements applicable to all certificates and degrees are published in the College Catalog. Nothing contained herein shall be construed to create any offer to contract or any contractual rights.

For more information, call 425-388-9219, Everett Community College, 2000 Tower Street, Everett, WA 98201, www.everettcc.edu

Associate in Arts and Sciences - Option II

This checklist is designed for transfer students with an interest in **Physical Education**. Students should meet with an advisor and maintain this checklist while at Everett Community College. The quarter before expected completion, this checklist should be submitted with a diploma application to the Enrollment Services Office. This checklist refers to requirements listed in the curriculum guide titled “Associate in Arts and Sciences – Option II”, which lists all the courses which are approved for the various categories of requirements. Note: Though courses in a foreign language are not required in the Option II degree, some universities may require two or three quarters of foreign language for admission or for graduation.

Courses listed with an ampersand in the course number (e.g. ENGL&101) reflect the new Common Course Numbering System.
 Courses in [brackets] are the “old” course numbers and may be used to satisfy requirements. For more information, go to www.everettcc.edu/ccn

Advisor Signature: _____

<input type="checkbox"/> PROFICIENCY in Intermediate Algebra	Where completed/Course Title	Year Completed	Grade
<input type="checkbox"/> COMPLETION of Diversity Course	Where completed/Course Title	Year Completed	Grade

Course Number	Course Title	Credits	Quarter Completed	Grade
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BASIC COMMUNICATIONS SKILLS (10 credits, see list of Option II Communication Skills, must include at least 6 credits in composition.)

ENGL& 101	English Composition I	5		
ENGL& 102	Composition II	5		

BASIC QUANTITATIVE SKILLS (5 credits, see list of approved courses in Quantitative Skills on the AAS-Option II list. Recommend MATH& 107 or 141 [137 or 140.]

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HUMANITIES (15 credits from the Option II approved Humanities List. See Note 1.)

CMST& 210 [SPCH 100]	Interpersonal Communication	5		

SOCIAL SCIENCE (15 credits from the Option II approved Social Science List. See Note 1.)

PSYC& 100	General Psychology	5		
SOC& 101 [110]	Intro to Sociology	5		

NATURAL SCIENCES (15 credits from the Option II approved Natural Science List, including lab science. See Note 1.)

BIOL&175 [135]	Human Biology w/ Lab	5		
NUTR& 101 [150]	Nutrition	5		

SUGGESTED ELECTIVES – (A maximum of 30 credits may be completed in electives, selected from the A and B lists on the Option II checklist; a maximum of 15 credits from the B list may be used. Note: Only 3 PE Activity credits may be applied toward the degree.)

A LIST			B LIST (Maximum of 15 credits)		
<u>Course</u>	<u>Cr.</u>	<u>Qtr Compl</u>	<u>Course</u>	<u>Cr.</u>	<u>Qtr Compl</u>
PEHW 201	5				
PEHW 203	5				
PEHW 235	5				
BIOL& 211 [160] (Strongly recommended)	5				
BIOL& 231 [235] (Strongly recommended)	6				
BIOL& 232 [237] (Strongly recommended)	6.5				
PEHW Activity (See Note 2)	1-3				

Total: Minimum 90 credits required, with a 2.0 minimum GPA.

Note 1: Courses must be from three different disciplines. No more than 10 credits in any one discipline may be used in Humanities, Social Science, and Natural Science.

Note 2: A maximum of 3 PE Activity credits may apply toward an Option II degree.