

# PHYSICAL EDUCATION CONCENTRATION

## Program Description

The **Physical Education Concentration** within the Associate in Science in Public Health and Human Performance is designed for students who plan to transfer to a four-year institution to pursue a bachelor's degree in physical education, kinesiology, or a related field leading to teacher certification.

This concentration focuses on the principles of physical activity, movement, and health education across the lifespan. Students explore topics such as physical fitness, motor development, coaching, and the role of physical education in promoting lifelong wellness. Coursework emphasizes the scientific foundations of movement, effective communication, and the development of leadership skills in educational and recreational settings.

The program provides a strong academic foundation for students interested in teaching physical education and promoting active, healthy lifestyles in school and community environments.

## Transfer Information

The Physical Education concentration is structured to align with bachelor's degree programs in physical education, kinesiology, and related teacher preparation pathways.

Students intending to pursue teacher certification should work closely with faculty and Advising & Transfer Services to ensure coursework meets transfer and certification requirements at their intended institution. Students planning to transfer within New Jersey should explore the "Transfer Programs" feature on NJ Transfer ([www.njtransfer.org](http://www.njtransfer.org)) to review articulation agreements and institutional requirements.

Because teacher preparation programs often have GPA standards and admission requirements, early academic planning is strongly recommended. **New Jersey requires that candidates for teacher certification achieve a cumulative GPA of at least 3.00.**

## Career Information

The A.S. in Public Health and Human Performance – Physical Education Concentration is designed primarily for transfer. A bachelor's degree and completion of a state-approved teacher preparation program are required to become a certified physical education teacher.

With further education and certification, graduates may pursue careers such as:

- Physical Education Teacher
- Health and Wellness Educator
- Youth Sports or Recreation Program Coordinator
- Athletic Coach
- Community Fitness Program Leader

Students are encouraged to consult with faculty and Career Services early in their academic journey to explore transfer pathways and long-term career planning in education, recreation, and health promotion fields.

Fall One		Credit Hours
STSC 150	Student Success Seminar	2
ENGL 151	English I	3
EDUC 178	Introduction to the Education of Exceptional Students	3
BIOL 130 & 130L	Human Anatomy and Physiology I Lecture and Human Anatomy and Physiology I Lab	4
MATH 156	Introduction to Statistics	3
<b>Credit Hours</b>		<b>15</b>
Spring One		Credit Hours
ENGL 152	English II	3
HEHP 225	Contemporary Health	3
HEHP 267	Sports Management	3
PSYC 172	General Psychology	3
Humanities Gen. Ed. Requirement ( <a href="https://catalog.ocean.edu/academic-information/general-education/">https://catalog.ocean.edu/academic-information/general-education/</a> )		3
<b>Credit Hours</b>		<b>15</b>
Fall Two		Credit Hours
HEHP 160	First Aid/CPR/AED	3
HEHP 188	Introduction to Nutrition	3
COMM 154	Fundamentals of Public Speaking	3
PSYC 173	Child Psychology	3
Any Gen. Ed. Requirement ( <a href="https://catalog.ocean.edu/academic-information/general-education/#general-education/">https://catalog.ocean.edu/academic-information/general-education/#general-education/</a> )		3
<b>Credit Hours</b>		<b>15</b>
Spring Two		Credit Hours
EDUC 277	The Teaching Profession in America	3
HEHP 228	Care and Prevention of Athletic Injuries	3
HEHP 239	Strength and Conditioning Physiology	3
CSIT 110	Introduction to Computers and Computer Applications	3
Electives to meet 60 credits		3
<b>Credit Hours</b>		<b>15</b>
<b>Total Credit Hours</b>		<b>60</b>