

ASSOCIATE OF SCIENCE

# PHYSICAL EDUCATION

## Start small... go far with Dakota College at Bottineau

Physical Educators can use their degree in many different areas. Teaching physical education and coaching in high school and elementary schools is the most common and most popular career path. There are also opportunities to work within sports-related fields, sporting equipment and design, and sports management. Others continue their education to become professionals in sports medicine and sports psychology.

## Why study physical education?

The Associate of Science (AS) in Physical Education degree at Dakota College at Bottineau is designed for transfer students who want to go into the teaching and coaching profession. We strive to prepare our candidates with the knowledge and background with an education theme. Most of our majors are also varsity athletes who would like to get involved with coaching.

## Career choices

A physical education degree prepares graduates for careers in many fields, including teaching, coaching, and sports-related professions.

## Focused courses for your degree

Along with physical education courses, students are encouraged to complete anatomy and other sciences while at DCB to prepare them to focus on advanced physical education courses upon transfer to a four-year institution. The curriculum includes:

- HPER 100 Concepts of Fitness and Wellness
- HPER 207 Prevention and Care of Injuries
- HPER 208 Introduction to Physical Education
- HPER 217 Personal and Community Health
- EDUC 250 Introduction to Education
- EDUC 260 Education Psychology



“ The physical education program here at DCB prepares me and makes me excited for my future in coaching. ”

— Ty Ham  
Mt. Enterprise, TX



## COURSES REQUIRED

### Physical Education (AS)

| Freshman Year                                 | Fall | Spring |
|---|------|--------|
| CSCI 101 Introduction to Computers .....      | 3 cr |        |
| ENGL 110 College Composition I .....          | 3 cr |        |
| HPER 217 Personal and Community Health .....  | 3 cr |        |
| MATH 103 College Algebra.....                 | 4 cr |        |
| SOC 110 Intro. to Sociology .....             | 3 cr |        |
| ART/HUM Elective .....                        | 3 cr |        |
| COMM 110 Fundamentals of Public Speaking..... | 3 cr |        |
| ENGL 120 College Composition II .....         | 3 cr |        |
| HPER 100 Concepts of Fitness & Wellness ..... | 2 cr |        |
| Lab Science Elective .....                    | 4 cr |        |

| Sophomore Year                               | Fall   | Spring |
|--|--------|--------|
| BIOL 111 Concepts of Biology.....            | 4 cr   |        |
| EDUC 250 Intro. to Education .....           | 2 cr   |        |
| EDUC 298 Intro. to Education Practicum ..... | 1 cr   |        |
| HPER 210 First Aid/CPR.....                  | 1 cr   |        |
| NUTR 240 Principles of Nutrition.....        | 3 cr   |        |
| PSYC 111 Inro. to Psychology .....           | 3 cr   |        |
| ART/HUM Elective .....                       | 3 cr   |        |
| EDUC 260 Educational Psychology .....        | 3 cr   |        |
| HPER 207 Prevention & Care of Injuries.....  | 2 cr   |        |
| HPER 208 Intro. to Physical Education .....  | 2 cr   |        |
| Math/Science/Technology Elective.....        | 3-4 cr |        |
| PSYC 250 Developmental Psychology.....       | 3 cr   |        |

All courses subject to change.

## CONTACT INFORMATION



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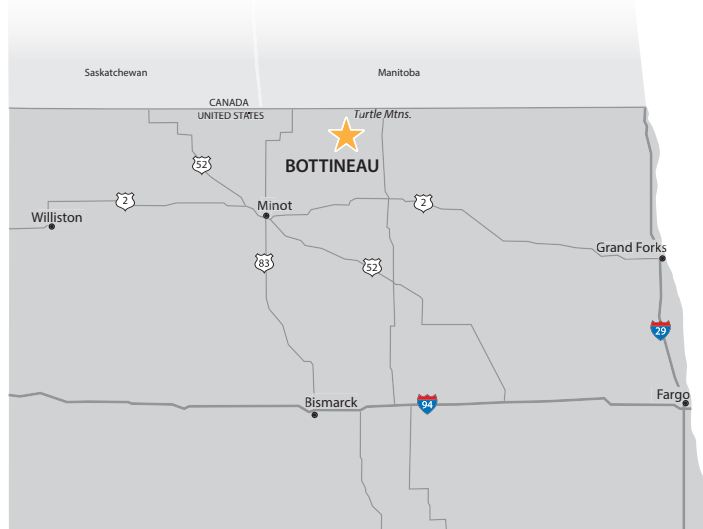
[WWW.DAKOTACOLLEGE.EDU](http://WWW.DAKOTACOLLEGE.EDU)

(9/18)



## DAKOTA COLLEGE AT BOTTINEAU VISION

Dakota College at Bottineau is rooted in the past and grows towards the future by combining the best from the *Past, Present, and Future* to provide students with innovative educational opportunities. The campus will emphasize a knowledge and appreciation of *Nature*, implement a rapidly changing *Technology*, and prepare students to go *Beyond* and improve the quality of life.



DCB offers seven varsity sports:  
Men's Basketball, Baseball, Football  
and Hockey; and Women's Basketball,  
Volleyball and Softball.