



# Program Map



## Health & Physical Education Emphasis - Associates in Arts

### Area of Study: Health Care & Biosciences

The core of Health and Physical education is the promotion of healthy lifestyle practices. Our courses focus on achieving balance in eight dimensions of wellness: physical, emotional, social, intellectual, spiritual, occupational, financial, and environmental. At Clark, students receive practical experience in facilities that include the Thompson Fitness Center, the Clark College Fitness Testing Laboratory, multiple gymnasiums, a scuba diving facility, a bowling alley, an indoor rock climbing center, and a community pool. Our curriculum is tailored to specific transfer and career opportunities.

> Free [Tutoring Services](#) are available to support you throughout your degree completion.

*Program maps are suggested academic plans and should not be used in the place of regular academic advising. Your student entry method, placement, course availability, and program requirements are subject to change and transfer credit(s) may change your map/plan.*

### Year One

#### Fall Term

- COLL 101 College Essentials: Intro to Clark ..... 2
- HLTH 100 Food & Your Health (CWU) OR HLTH 206 Human Sexuality (PSU)..... 2
- MATH& 107 Math in Society or MATH& 146 Intro to Stats^ ..... 5
- SOC& 101 Intro to Sociology ..... 5
- PE class of choice 1^ ..... 1

#### Winter Term

- CHEM& 121 Intro to Chemistry: Pre-health..... 5
- ENGL& 101 English Composition I..... 5
- CMST& 102 Intro to Mass Media ..... 5

#### Spring Term

- BIOL& 160 General Biology w/ Lab ..... 5
- CMST& 210 Interpersonal Communication ..... 5
- ENGL& 102 English Composition II..... 5
- PE class of choice 2^ ..... 1

### Year Two

#### Fall Term

- BIOL&241 Anatomy and Physiology w/ Lab..... 5
- PSYC& 200 Lifespan Psychology ..... 5
- PE class of choice 3^ ..... 1
- PEEXS 294 Sport in Society ..... 3

#### Winter Term

- BIOL&242 Anatomy and Physiology II ..... 5
- HPE 258 Fitness-Wellness or HPE 266 Mind Body Health ..... 3
- HLTH 120 CPR First Aid ..... 1
- ANTH&215 Bioanthropology or ENVS 231 Environmental Politics^ ..... 5

#### Spring Term

- ECED& 160 Curriculum Development..... 5
- NUTR& 101 Nutrition..... 3
- WS 101 Introduction to Women’s Studies..... 5
- HLTH 210 Multicultural Health OR HLTH 207 Women’s Health. 3

**PE of Choice 1** PE100 Cardio Conditioning, PE101 Introduction to Running, PE102 Fitness Walking; PE103 Bench Step Aerobics; PE104 Circuit Fitness; PE107 Speed, Agility, and Quickness, PE 108 Independent Fitness Program; PE111 Functional Fitness; PE112 Strength and Stretch; PE113 Total Body Conditioning; PE115 Weight Training-General I; PE116 Fitness Center Basics; PE117 Weight Training-Power Lifting I; PE121 Yoga, PE124 Pilates-Beginning **PE of Choice 2** PE125 Rock Climbing; PE140 Basketball; PE143 Bowling; PE147 Fencing-Foil; PE148 Golf; PE150 Soccer; PE155 Tennis; PE158 Volleyball; PE163 Ultimate Frisbee-Beginning; PE173 Scuba-Beginning; PE182 Hiking; PE183 Rowing-Beginning **PE of Choice 3** PEDNC130 Ballet, PEDNC131 Ball Room Dance, PEDNC135 Swing Dance, PEDNC137 Hip Hop Dance, PEDNC140 Zumba, PEMAR155 Self Defense

**90 units required.** [View the Clark College Catalog for additional program information.](#)

**Key** ^ Alternative classes are available to fit your schedule or interest. & Common Course in the State of Washington.

## Approximate Costs Each Term

Tuition \$1490\* for 15 credits per term plus books, supplies, and miscellaneous fees. \*Tuition based on Washington resident rates. [View residency classifications on our website.](#)

## Customize with Advising

Make an appointment online with Advising Services to learn more about customizing your academic plan at [clark.edu/advising](http://clark.edu/advising).

## How to Enroll

Visit Clark College’s Welcome Center in Gaiser Hall room 127 or the [Get Started webpage](#) for information on becoming a new student. Email [start@clark.edu](mailto:start@clark.edu) or call 360-992-2078.

[Apply for Admission](#)

## Support Services

At Clark College, we know that everyone who walks through our doors is a unique person with diverse, interesting and sometimes challenging circumstances. We are committed to ensuring each and every student can succeed at Clark, and are committed to serving systemically non-dominant communities, including (but not limited to) people of color, those who identify as LGBTQIA2S+ and people with disabilities. We have resource centers, clubs, programs and activities for all students.

Visit our [Student Support](#) page for more information.

## Funding Options at Clark

There are many resources available to help students cover the costs to attend college—tuition, books, fees, tools, transportation, childcare, etc.—so you can focus on completing your degree or certificate.

**Grants** Based on need. You do not need to pay back grants.

**Scholarships** Similar to grants, and there are different criteria; Clark College awards hundreds of thousands of dollars to students each year. We encourage everyone to apply!

**Student Employment & Work Study** Money you earn through working part-time; this helps to reduce your reliance on loans, and build your skills and resume.

**Loans** If you do need to borrow additional funds to pay for college-related expenses, you can consider loans. It is money you borrow and will pay back with interest.

**Specific Assistance** For Veterans, worker retraining, DREAMers, students receiving DSHS benefits, and more.

For more information, visit our [paying for college website](#) or visit the Office of Financial Aid in Gaiser Hall room 101.

## Career Opportunities

Career exploration and planning is an essential step to establishing your academic journey at Clark College and beyond. Career Services connects you with resources and strategies for career planning in six areas: knowing self; career awareness; relationship building and networking; work-based learning; job-search skills; and career readiness competencies. You are encouraged to participate in *MyPlan*, a comprehensive and interactive guide with activities to support your career, academic, and financial wellness planning. Visit [Career Services](#) in the Penguin Union Building room 002.

Students who complete the **Associates in Arts - Health and Physical Education Emphasis** degree could be employed as:  
*Some careers may require a bachelor's degree or higher*

**General Elementary, Middle, and High School Health  
and Physical Education Teacher**  
**Health Promotion Specialist**  
**Fitness Professionals**  
**Public Health Educator**  
**Diabetes Educator**  
**Health Education Coordinator**

**Athletic Coach**  
**Recreation Specialist**  
**Health Coach**  
**Kinesiology Professor**  
**Leisure Studies Professor**  
**Physical Education (PE) Professor**

Career exploration information created by Clark Faculty and Staff.



*Clark College does not discriminate on the basis of race, color, national origin, age, perceived or actual physical or mental disability, pregnancy, genetic information, sex, sexual orientation, gender identity, marital status, creed, religion, honorably discharged veteran or military status, or use of a trained guide dog or service animal in its programs and activities, in accordance with state and federal laws. The responsibility for and the protection of this commitment extends to students, faculty, administration, staff, contractors and those who develop or participate in college programs. It encompasses every aspect of employment and every student and community activity. The following person has been designated to handle inquiries regarding non-discrimination policies: Vice President of Diversity, Equity, and Inclusion, Gaiser Hall (GHL) 220, 360-992-2757, or 360-991-0901 (video phone).*

*Alternate format of this document is available upon request. Please contact Disability Support Services at 360-992-2314, or 360-991-0901 (video phone).*

*Created in March 2020, last updated in March 2021.*