

**Physical Education Studies AS (PEDS)  
Catalog: 2025-2026 Effective Date: 9/1/2023**

CR	COURSE	COURSE TITLE	SUNY GEN ED
1-2	HRD 100, HRD 100A or HRD 110	FRESHMAN EXPERIENCE	
3	ENG 101	<i>Introduction to College Writing</i>	GCWO
3	ENG 102, ENG 103, ENG 104, ENG 105, ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110	<i>Writing II</i>	GCWO
4	MAT 127 (Prereq Required)	<i>Introductory Statistics with Probability</i>	GMAT
4	BIO 107 (Prereq Required)	<i>Anatomy and Physiology I</i>	GNSL
4	BIO 108 (Prereq Required)	<i>Anatomy and Physiology II</i>	GNSL
3	PSY 101	<i>General Psychology</i>	GSSC
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences		GART GWRL GHUM
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice		GDVR
3	PED 105	<i>Introduction to Physical Education</i>	
3	PED 106	<i>Athletic Training I</i>	
3	PED 210 (Spring only)	<i>Philosophy, Principles and Organization of Athletics in Education</i>	
2	PED 212 (Fall only)	<i>Theory and Techniques of Coaching</i>	
3	HED 103	<i>College Health</i>	
2	HED 104	<i>First Aid and Safety</i>	
6	PED Activity Credits		
8	Electives	Athletic Training, Coaching/ Health and Physical Education Teaching, Fitness & Performance or Adventure Sports course concentrations recommended	
<b>64</b>	<b>Minimum credits required for graduation</b>		

**Note:** Please review the back of this form for additional information.

Notes on Physical Education Studies AS (PEDS)

COURSE	PREREQUISITES	COURSE	PREREQUISITES
<b>BIO 107</b>	Within the last 5 years Regents Biology 80 and Regents Chemistry 80; or BIO 103 with C or better and CHM 103 with C or better; or equivalent	<b>MAT 127</b>	MAT 097 within 4 years and 12 earned credits or MAT 108 within 4 years
<b>BIO 108</b>	BIO 107		

**PLEASE READ: The four-semester sequence may vary by individual student interest and science course requirements.**

**FIRST YEAR SEQUENCE**

Credits	First Semester
1-2	HRD 100, HRD 100A or HRD 110
3	ENG 101
3	PED 105
3	HED 103
2	PED 212
1	PED Activity Course
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences
Credits	Second Semester
3	ENG 102 – ENG 110
3	PSY 101
2	HED 104
3	PED 210
1	PED Activity Course
4	MAT 127

**SECOND YEAR SEQUENCE**

Credits	Third Semester
3	SUNY GEN ED US History and Civic Engagement
4	BIO 107
3	PED 106
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice
3	Recommended Focus Area elective - See Note 1
2	PED Activity Course
Credits	Fourth Semester
3	SUNY GEN ED World History and Global Awareness
4	BIO 108
2	PED Activity Course
3	Recommended Focus Area elective - See Note 1
2	Recommended Focus Area elective - See Note 1

**DEGREE NOTES:**

Physical Education Focus Areas:

Athletic Training	Coaching/Health & Physical Education	Adventure Sports	Fitness & Performance
PED 206 Athletic Training II HRD 178 – Applied Internship -Athletic Training	BIO 115 Human Sexuality PED 211 Health Science for Coaching (Summer only)	PED 152 Challenge Course I PED 162 Challenge Course II (Spring only) PED 165 Rock Climbing I PED 166 Rock Climbing II AVS 102 Basic River and Backwater Canoeing AVS 221 Challenge Course Facilitation HED 108 Wilderness First Responder	PED 109 – Fitness and Conditioning  Choose any PED activity in areas of Golf, Volleyball, Lifetime Wellness, Yoga, Aerobic Fitness, Weight Training, Tai Chi and/ or Recreational Cycling

GEN ED CODE	SUNY GEN ED CATEGORY	GEN ED CODE	SUNY GEN ED CATEGORY
GMAT	Mathematics (and Quantitative Reasoning)	GDVR	Diversity: Equity, Inclusion and Social Justice
GNSC/L	Natural Sciences (and Scientific Reasoning)	GHUM	Humanities
GSSC	Social Sciences	GART	The Arts
GUSC	US History and Civic Engagement	GWRL	World Languages
GGLB	World History and Global Awareness	GCWO	Communication – Written and Oral