

Physical Education

Cotley's physical education program provides a variety of curricula from which the student may select to enable her to develop her cognitive knowledge of the activity, increase her psychomotor skills, increase her personal fitness and enhance her sense of value for the activity. A benefit of the program is that students are exposed to the health components of physical fitness. Through the variety of individual and team activities, students are empowered to take responsibility for their own fitness and encouraged to develop the motivation needed to achieve a beneficial level of health, now and throughout their lifetimes.

Career Opportunities

Physical education provides students with the skills to offer others the opportunity to learn physical conditioning, to teach others to play a particular sport, or to engage in activities that some individuals consider fun.

Physical education majors learn not only educational techniques, but also the workings of the human body. They learn to develop activities to build strength and coordination, explore the concept of wellness, and examine behaviors that lead to a high level of physical and emotional well being.

Graduates of physical education programs are often employed in primary or secondary education. However, due to the growing national concern for fitness and health, physical education majors are finding employment as fitness instructors, directors of health and sports clubs, recreation directors, and wellness coordinators.

An advanced degree or specialized classes may be required to work in certain occupations.

Physical education graduates choose careers as educators, athletic trainers, exercise physiologists, coaches, personal trainers, recreation specialists, corporate fitness instructors, rehabilitation specialists, or sports agents.

Internship and Directed Study Opportunities

As a physical education major, your chances to gain real world learning experiences through internships and directed studies are almost boundless.

Students at Cotley College participate in internships throughout the year with a variety of businesses, organizations, and non-profit agencies. A successful internship provides students with an opportunity to apply their classroom learning to the workplace.

Employers and graduate schools agree that students who have put classroom concepts and skills to work in a "real world" environment are more realistic and productive than those who have not.

With the assistance of faculty and

Get Involved

Want to have fun and develop your leadership skills and your resume at the same time? Then get involved at Cotley College and in the Nevada community.

Cotley College has more than 35 student clubs and organizations in which to be involved. Plus, the Nevada and surrounding community offer an abundance of service opportunities.

Here are a few activities you might consider pursuing as a physical education major: join the Cotley Intramural Association Board; teach aerobics, kick boxing, or Pilates; train and work as a lifeguard; organize a wellness program at the YMCA; assist with elementary, middle, and high school sports events; coach a sport in the community, support Cotley's collegiate team sports, or volunteer with the American Red Cross.

the transfer and career planning coordinator, physical education majors can find a variety of local and national internship experiences.

Opportunities exist locally to intern with Nevada Regional Medical Center, Nevada Parks and Recreation, Osage Prairie YMCA, health care facilities, elementary, middle, and high schools, non-profit organizations, and the American Red Cross.

Directed study opportunities are available in all disciplines. Under the supervision of faculty, students can pursue academic credit on a topic or project that is related to, but beyond the scope of, regular course offerings.

Directed study topics can be tailored to your interests, whether it is conducting individual scientific research, studying girls' punk music, or conducting advanced computer programming.

PHYSICAL EDUCATION (4-Semester Sample Schedule)

Students should consult the catalog of the college to which they plan to transfer for specific requirements in their major. This suggested schedule is designed to provide the Associate in Science degree candidate with the appropriate Cottey College core curriculum and enough coursework in their field to complete the 62 hours required for an A.S. degree. *Schedules may vary based on available classes and interests.*

First Year Fall Semester	Credit Hrs.	First Year Spring Semester	Credit Hrs.
ENG101 English Composition I	3	ENG102 English Composition II	3
Lab Science (BIO101,107, 211)	4 or 5	2nd course in Lab Science	4 or 5
*PHE139 Lifetime Fitness Concepts	2	Physical Activity	1
Physical Activity	1	MAT103 or higher	3 or 4
Electives	5 to 6	PSY101	3
		Electives	3

Second Year Fall Semester	Credit Hrs.	Second Year Spring Semester	Credit Hrs.
PSY203, 205	3	Physical Activity	1
Social Science [ECO, HIS, POL]	3	Humanities	3
Fine Arts Theory	3	2nd Lab science or Math	4 or 5
SPE101 Speech	3	Electives	6 to 9
Physical Activity	1		
Electives	3		

* Courses recommended for major

OTHER RELEVANT COURSES ALSO HIGHLY RECOMMENDED AS ELECTIVES:

ANT151 Cultural Anthropology	HIS111 U.S. History to 1877 (also HIS112)
BIO101 Introductory Biology	MAT112 Statistics
BIO107 Principles of Biology	PHY101 Introductory Physics
BIO207 Zoology	PSY203 Child Psychology
BIO211 Human Anatomy and Physiology I (also BIO212)	PSY205 Adolescent Psychology
CHE101 Introductory Chemistry	SOC101 Introductory Sociology
DAN202 Creative Movement	SPE any course
HIS101 Western Civilization to 1500 (also HIS102)	

Faculty Advising

Preparing a class schedule, investigating majors, and researching transfer institutions can be confusing for a first-year student. At Cottey College, academic advising assists the individual student in clarifying and achieving her educational goals.

Each student is assigned a full-time faculty member as an academic advisor. Together the advisor and student devise a balanced academic program, which encompasses the student's educational

and career ambitions. The advisor reviews all registration decisions, the advisee's academic progress, and suggests transfer and career options.

This personalized approach to student advising allows the student to take responsibility for her own academic program, while tapping into faculty expertise.

For more information contact:
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