PE/Wellness Unit

The College requires all students to successfully complete one unit of physical education or wellness activity classes (typically five classes). PED 101 (Mind/Body) counts as two activities and may not be repeated. PE/Wellness activities are graded CR/NC. Only one unit of PE/Wellness activities may be counted toward graduation; students may participate in additional activities but will not earn additional units toward graduation.

Full-unit, credit-bearing courses, PED 205, 210 and 598, are separate from the PE/Wellness activities; they apply as separate units toward graduation rather than toward the five activities requirement.

Transfer credit may be applied toward the PE/Wellness unit requirement.