

Areas of Interest

Physical Education
Fitness Education Center
Crown Cove Boating Instruction and Safety Center

SWC Frequently Called Numbers

Note: SWC area code is 619

Admissions	482-6550
Counseling Center	482-6317
Financial Aid	482-6357
Education Center at San Ysidro	690-6083
Higher Education Center at National City	477-9683
Library	482-6397
School of:	
Arts & Communication	482-6372
Business & Information Systems	482-6457
Counseling & Personal Development	482-6317
Health, Physical Education, & Athletics	482-6370
Languages & Humanities	482-6461
Mathematics, Science, & Engineering	482-6459
Social Sciences & International Studies	482-6582
Technology & Human Services	482-6460



Main Campus
900 Otay Lakes Road, Chula Vista, CA 91910-7299

Education Center at San Ysidro
460 W. San Ysidro Blvd., San Ysidro, CA 92173-2410

Higher Education Center at National City
701 National City Blvd., National City, CA 91950-1123

www.swc.cc.ca.us

School of Health, Physical Education, and Athletics



School of Health, Physical Education, and Athletics

Southwestern College is organized into academic units, referred to as schools. The School of Health, Physical Education, and Athletics' goal is to inspire, encourage, prepare, and educate individuals how to live healthy lifestyles. Each student's well being now and in the future is our concern. Our instructors are caring professionals. Their expertise and their diversity is responsible for the uniqueness and excellence associated with Health, Physical Education, and Athletics at Southwestern College.

Students wishing to pursue physical activity classes can choose from more than 100 sections of classes each semester ranging from aerobic exercise to yoga. If fitness is your interest, check out our Fitness Education Center. It is more than 3,000 square feet of exercise space equipped with state-of-the-art cardio and strength machines. Fitness through aquatic exercise is very popular among our students. Our two pools are kept very busy with lap swimmers, cross training classes, and water aerobics.

At Southwestern College you can major in Physical Education. This program prepares you to transfer to a four-year college or university to pursue a degree in physical education or one of its many related areas, such as athletic training or coaching.

Interested in online health? Our most popular health course, Principles of Healthful Living, is now available online. It is also available in a traditional format along with Healing Touch, Nutrition, Border Health Issues: HIV, and others. Health classes are held in classrooms equipped with state-of-the-art technology.

Southwestern College's athletic teams, The Jaguars, compete in the Pacific Coast Conference in 15 sports and in the Foothill Conference for football. Our 16-team athletic program is comprised of eight women's teams and eight men's teams.

About Southwestern College

Student Body

SWC's student body of more than 19,000 spans all age groups, nationalities, and educational backgrounds. This heterogeneous mix is one of the distinguishing features of the SWC campus, where students with diverse backgrounds benefit from one another's experiences. Ethnic students comprise 83 percent of all enrollments; the average age is 27.

Educational Costs

Full-time students, who are California residents, pay about \$200 per semester for tuition and fees. There are a number of Financial Aid programs available to help pay for enrollment, books, transportation and other costs. Funds are provided by the federal and state governments in the form of loans, grants and on-campus jobs. Call the Financial Aid office, 619-482-6357, for more information.

Application Process

If you are 18 years or older, or a high school graduate, you can enroll at Southwestern College. Just fill out an application at the Southwestern College Admissions Center, Education Center at San Ysidro, or Higher Education Center at National City.

Degrees Granted

Course work may lead to a certificate, an associate degree, and/or transfer to a four-year college or university. SWC offers more than 285 degree and certificate options.

The District

The Southwestern College District is part of the California Community College System. There are 108 publicly funded two-year colleges in California.

Accreditation

Southwestern College has been accredited by the Western Association of Schools and Colleges since 1964 and is approved by the California State Department of Education.

To request a copy of this program in alternate media, contact Disability Support Services, 619-482-6512, TTY 619-482-6470.