

EXERCISE SCIENCE

Exercise Science/Kinesiology

Associate of Arts Oregon Transfer

FOCUS AREA DESCRIPTION

The AAOT degree meets the state of Oregon transfer degree requirements, allowing students to transfer to an Oregon public university and some out-of-state universities having met all lower-division general education requirements. With the appropriate course planning, all lower-division major requirements may also be met. Students should work closely with an advisor to select the best degree option and review specific transfer requirements. The following is a suggested course of study for students interested in pursuing a bachelor's degree in Exercise Science/Kinesiology.

PROGRAM ENTRANCE REQUIREMENTS

None

PROGRAM PERFORMANCE STANDARDS

Academic Requirements

- Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.
- All courses in the program must be completed with a grade of C or higher.

PROGRAM COURSE REQUIREMENTS

General Education/Foundational

Health

3 credits with HHP or HHPA prefix¹ 3

Mathematics

MTH 105 Math in Society 4
 Recommend: MTH 111

Oral Communication

Choose one course from the following: 3-4
 SP 111 Fundamentals Public Speaking
 SP 114 Argumentation & Discourse
 SP 115 Intro Intercultural Commun
 SP 218 Interpersonal Communication
 SP 219 Small Group Communication

Writing

WR 121 Academic Composition 4
 WR 122 Argument, Research and Multimodal Composition 4
 or WR 227 Technical Writing

General Education/Discipline Studies

One course must be designated as Cultural Literacy.

Arts and Letters

Choose at least three courses from at least two prefixes 9-12

Social Science 12-16

Choose at least four courses from at least two prefixes
 Recommend: HHP 100, HHP 270, PSY 201, SOC 201

Science/Math/Computer Science 12-20

Choose at least four courses from at least two prefixes including at least three laboratory courses in biological and/or physical science
 Recommend: BI 231, BI 232, BI 233, HHP 261

Electives² 39

Choose enough electives to reach 90 credits
 Recommend: HHP 131, HHP 259, HHP 260, HHP 262 and MTH 112

Total Credits 90-106

¹ HHPA activity courses (1 credit each) are not to be duplicated.

² Related courses to consider: HHPA courses, HHP 212A AHA BLS Provider CPR, HHP 248 Health Psychology, HHP 266 Nutrition for Health, HHP 240 Science of Nutrition, HHP 267 Wellness Coaching Fundamentals, HHP 268 Sustainable Food and Nutrition, HHP 280A Practicum-Exercise Science, HHP 280B Practicum- EXSS

ADVISING NOTES

Nearby public universities with either an Exercise Science/Kinesiology major or closely related major:

- Boise State University
- Eastern Oregon University-Distance Education (Physical Activity and Health)
- Montana State University
- Oregon State University – Kinesiology
- Oregon State University-Cascades – Kinesiology
- Portland State University
- University of Montana
- University of Oregon