

EXERCISE SCIENCE / KINESIOLOGY

Associate of Science (AS) Degree - Preparation for Transfer to Oregon State University
90 credits

This Associate of Science degree is intended for students who know that they are on the academic path to obtaining a Bachelor of Science in Kinesiology (Exercise Science) from Oregon State University – Cascades. Students who are unsure (or undecided) of the university to which they will transfer are encouraged instead to focus on the Associate of Arts Oregon Transfer degree. This AS degree is only for those students transferring from the COCC Exercise Science/Kinesiology associate degree program to the OSU Kinesiology (Exercise Science) bachelor's program and includes lower division major and general education requirements to help guide those students; please note that requirements can change and students in this degree are not guaranteed of completion of OSU-Cascades requirements.

This information reflects an accurate picture of OSU requirements at the time of approval, using the OSU catalog, advisors and web resources for consultation. However, degree requirements can and do change. OSU has made no guarantee about the accuracy of requirements in this AS degree; determination of transfer status is made on an individual course basis at the point of admission to OSU.

Courses must be completed with a grade of "C" or better.

BACCALAUREATE CORE**Skills**

Writing I	WR 121 Academic Composition	4
Writing II	One course from the WR II list	3-4
Writing III	One course from the WR III list	3-4
Mathematics	Met by Program Requirements	
Fitness	HHP 295 Health and Fitness	3

Perspectives Courses

No more than two courses (or lecture/lab combinations) from any one department may be used by a student to satisfy the Perspectives category of the core. GEO courses listed under Physical Science are considered to be from a different department than GEO courses listed under any other Perspective category. Choose from the OSU Baccalaureate Core Courses listed on pages 246-247.

Choose one course in each of the following categories:

Physical Science

Met by Program Requirements

Biological Science

4-5

Physical or Biological Science

Met by Program Requirements

Cultural Diversity

4

Literature and the Arts

3-4

Social Processes and Institutions

3-4

Difference, Power and Discrimination

4

EXERCISE SCIENCE/KINESIOLOGY PROGRAM REQUIREMENTS**Required Supporting Courses**

BI 231	Anatomy & Physiology I	4
BI 232	Anatomy & Physiology II	4
BI 233	Anatomy & Physiology III	4
CH 221	General Chemistry I	5
CH 222	General Chemistry II	5
CH 223	General Chemistry III	5
HHP 100	Introduction to Public Health	4
HHP 240	Science of Nutrition	3
MTH 112	Trigonometry	4

Exercise Science/Kinesiology Core

HHP 131	Introduction to Exercise/Sport Science	3
HHP 261	Exercise Physiology	4
HHP 270	Sport & Exercise Psychology	3

Experiential Learning Credits

HHP 280A/B	Practicum - Exercise Science	2
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ELECTIVE COURSES

Choose enough elective credits to reach a minimum total of 90 overall degree credits. Elective courses must be numbered 100 or above.

Maximum of 12 credits of Career and Technical Education (CTE). 13-14 credits of 100-level or higher elective courses should align with career choices; see your advisor for recommendations. The following is a list of recommended electives:

HHP 259	Care & Prevention of Athletic Injuries	3
HHP 260	Anatomical Kinesiology	4
HHP 262	Exercise Testing and Prescription	3
HHP 267	Wellness Coaching	3
PSY 201	Mind and Brain	4

ADVISING NOTES

OSU Kinesiology major GPA requirements: minimum 2.25 GPA in option courses and 2.5 GPA in all Kinesiology/HHP departmental courses.