

# EXERCISE SCIENCE / KINESIOLOGY

Associate of Arts Oregon Transfer (AAOT) Degree  
90 credits

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.

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

## GENERAL EDUCATION/FOUNDATIONAL REQUIREMENTS

### Writing

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

### Oral Communication

SP 111 or SP 114	Fundamentals of Public Speaking Argumentation and Critical Discourse	3-4
or SP 115 or SP 218 or SP 219	Introduction to Intercultural Communication Interpersonal Communication Small Group Communication	

### Mathematics

MTH 105 (or higher)	Math in Society	4
Recommend:		
MTH 111	College Algebra	

<b>Health</b> (3 credits with HHP prefix)		3
HHP activity courses (1 credit each) are not to be duplicated		

## GENERAL EDUCATION/DISCIPLINE STUDIES

See the Discipline Studies list for options. One of the courses must be designated on the list as a cultural literacy course.

<b>Arts and Letters</b>		9-12
At least three (3) courses from at least two (2) prefixes.		

<b>Social Science</b>		12-16
At least four (4) courses from at least two (2) prefixes.		

Recommend:

HHP 100	Introduction to Public Health	4
HHP 270	Sport & Exercise Psychology	3
PSY 201	Mind and Brain	4
SOC 201	Introduction to Sociology	4

<b>Science/Math/Computer Science</b>		12-20
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At least four (4) courses from at least two (2) prefixes including at least three (3) laboratory courses in biological and/or physical science.

Recommend:

BI 231	Human Anatomy and Physiology I	4
BI 232	Human Anatomy and Physiology II	4
BI 233	Human Anatomy and Physiology III	4
HHP 261	Exercise Physiology	4

## ELECTIVES

Minimum of 30-31 credits. Choose enough elective credits to reach a minimum total of 90 overall degree credits. Elective classes must be numbered 100 or above (maximum of 12 credits of Career and Technical Education (CTE). The following is a list of recommended electives:

HHP 131	Introduction to Exercise/Sport Science	3
HHP 185	Various activity classes	1
HHP 212A	CPR-AHA Health Care Providers	1
HHP 248	Health Psychology	4
HHP 259	Care and Prevention of Athletic Injuries	3
HHP 260	Anatomical Kinesiology	4
HHP 262	Exercise Testing & Prescription	3
HHP 266	Nutrition for Health	3
or HHP 240	Science of Nutrition	
HHP 267	Wellness Coaching	3
HHP 268	Sustainable Food and Nutrition	4
HHP 280	Exercise Science Practicum	2
MTH 112	Trigonometry	4

## TRANSFER INFORMATION

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

## ADVISING NOTES

Lab fees:

- \$23 for HHP 295 Health and Fitness (3 credits)
- \$20 for HHP 212A CPR (1 credit)
- \$20 for all HHP 185 activity classes for Mazama Gym user fee