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

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

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

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

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.

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

Social Science 12-16
At least four (4) courses from at least two (2) prefixes.
Recommends:  
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

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