

## ASSOCIATE OF SCIENCE

### PROGRAM REQUIREMENTS

HHP 131	Intro to Exercise/Sport Science (offered fall)	3
HHP 212 or HHP 212A	CPR-American Heart Association CPR- AHA Health Care Provider	1
HHP 259	Care and Prevention of Athletic Injury <sup>3</sup> (offered spring)	3
HHP 260	Intro to Human Movement <sup>3</sup> (offered winter)	3
HHP 261	Basic Exercise Physiology <sup>3</sup> (offered fall and winter)	3
HHP 262	Training Theory and Applications <sup>3</sup> (offered spring)	3
HHP 266	Nutrition for Health	3
HHP 270	Sport and Exercise Psychology (offered winter)	3
HHP 280	Co-op Work Experience - HHP	2

### ELECTIVES

17-34 credits. Choose enough elective credits to reach a minimum total of 93 overall degree credits. Elective classes must be numbered 100 or above and can be any combination of general electives, Career and Technical Education (CTE) courses (12 credits maximum) or CWWE/HHP/performance classes (15 credits maximum).

<sup>3</sup> Can be used to meet the science/math/computer science distribution requirement

### TRANSFER INFORMATION

Eastern Oregon University-Distance Education  
Physical Activity and Health

Oregon State University - Health and Human Sciences

Portland State University - Health Studies

Southern Oregon State University - Health and Physical Education

### ADVISING INFORMATION

Lab fees:

\$20 for HHP 295 Health and Fitness, 3 credits or  
HHP 252a,Fit/First Aid, 3 credits

\$15 for HHP 212, CPR, 1 credit and

HHP 212A, CPR for Health Care Providers, 1 credit

\$16 for all HHP 185 activity classes for Mazama user fee

# EXERCISE SCIENCE

## ASSOCIATE OF ARTS OREGON TRANSFER ASSOCIATE OF SCIENCE

### ASSOCIATE OF ARTS OREGON TRANSFER

The Associate of Arts Oregon Transfer 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.

### GENERAL EDUCATION/BASIC SKILLS

Computer competency <sup>1</sup>	0-4	
Health <sup>2</sup>	3-4	
MTH 111	College Algebra (or higher)	4
SP 111	Fundamentals of Public Speaking	3
or SP 219	Small Group Communication	
WR 121	English Composition	3
WR 122	English Composition	3
WR 123	English Composition	3
or WR 214	Business Communications	
or WR 227	Technical Writing	

### GENERAL EDUCATION/DISTRIBUTION HUMANITIES

11 credits from the humanities distribution list, with at least two different prefixes and at least two courses with the same prefix.

### SOCIAL SCIENCE

15 credits from the social science distribution list, with at least two different prefixes and at least two courses with the same prefix. Recommend including:

PSY 201	Mind and Brain	4
PSY 202	Mind and Society	4
SOC 201	Intro to Sociology	4

Effective for 2009–10 Academic Year

continued

Effective for 2009–10 Academic Year



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# EXERCISE SCIENCE

## ASSOCIATE OF ARTS OREGON TRANSFER

### SCIENCE/MATH/COMPUTER SCIENCE

15 credits from the science/math/computer science list, with at least two different prefixes and three biological or physical science courses with labs, two of which must have the same prefix. Recommend including:

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 220	Intro to Epidemiology	3
or FN 225	Human Nutrition	4

### ELECTIVES

17-34 credits. Choose enough elective credits to reach a minimum total of 93 overall degree credits. Elective classes must be numbered 100 or above and can be any combination of general electives, Career and Technical Education (CTE) courses (12 credits maximum) or CWE/HHP/performance classes (15 credits maximum). The following is a list of recommended electives:

HHP 131	Intro to Exercise/Sport Science (offered fall)	3
HHP 212	CPR-American Heart Association	1
or HHP 212A	CPR-AHA Health Care Providers	
HHP 259	Care and Prevention of Athletic Injury (offered spring)	3
HHP 260	Intro to Human Movement (offered winter)	3
HHP 261	Basic Exercise Physiology (offered fall and winter)	3
HHP 262	Training Theory and Applications (offered spring)	3
HHP 266	Nutrition for Health	3
HHP 270	Sport and Exercise Psychology (offered winter)	3
HHP 280	Co-op Work Experience - HHP	2

### OREGON PUBLIC UNIVERSITIES WITH AN EXERCISE SCIENCE MAJOR

Oregon University System (OUS) universities that offer bachelor's degrees with majors, minors or specializations in exercise science and related fields include:

Eastern Oregon University-Distance Education  
Physical Activity and Health

Oregon State University - Health and Human Sciences

Portland State University - Health Studies

Southern Oregon State University - Health and Physical Education

## ASSOCIATE OF SCIENCE

The Associate of Science degree with a focus in exercise science is intended for students who want to work in the fitness industry immediately upon graduation or current employees who wish to upgrade their skills. This degree can help prepare a student to sit for the ACSM Personal Trainer or Health Fitness Instructor Certificate exams.

### GENERAL EDUCATION/BASIC SKILLS

Computer competency <sup>1</sup>		0-4
Health <sup>2</sup>		3-4
MTH 111	College Algebra (or higher)	4
SP 111	Fundamentals of Public Speaking	3
or SP 219	Small Group Communication	
WR 121	English Composition	3
WR 122	English Composition	3
WR 123	English Composition	3
or WR 214	Business Communications	
or WR 227	Technical Writing	

### GENERAL EDUCATION/DISTRIBUTION HUMANITIES

Choose six to eight credits from the humanities distribution list. Must include at least two different prefixes and at least two courses with the same prefix.

### SOCIAL SCIENCE

Choose nine-12 credits from the social science distribution list. Must include at least two different prefixes and at least two courses with the same prefix. Recommend including:

PSY 201	Mind and Brain	4
PSY 202	Mind and Society	4
SOC 201	Intro to Sociology	4

### SCIENCE/MATH/COMPUTER SCIENCE

Choose nine-12 credits from the science/math/computer science distribution list. Must include at least two different prefixes and at least two courses with the same prefix. Recommend including:

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 220	Intro to Epidemiology	3
or FN 225	Human Nutrition	4

<sup>1</sup> Pass computer basic skills competency test or take CIS 120, Computer Concepts.

<sup>2</sup> To meet this requirement, students can choose between HHP 231: Human Sexuality, HHP 242: Stress Management, HHP 258: Prevention of Chronic Diseases or HHP 266: Nutrition for Health, HHP 295: Health and Fitness and one activity class or CPR —OR— HHP 252A. Students planning to transfer to OSU (Corvallis or Cascades Campus) should choose HHP 295 and one activity or CPR class.