

# HEALTH PROMOTION

## ASSOCIATE OF ARTS OREGON TRANSFER

Careers in health promotion are multifaceted, as are the areas of further study. Careers include health promotion, health education/teaching health, working in various disciplines of public health, health science, health care administration and environmental health. This Associate of Arts program is designed as a broad-based degree in the area of health studies.

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 transferring to a bachelor's degree program in health promotion.

### 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	

1 Pass computer basic skills competency test or take CIS 120, Computer Concepts.

2 To meet this requirement, students can choose between HHP 231: Human Sexuality, HHP 242: Stress Management, HHP 258: Holistic Wellness 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/CPR class.

Effective for 2009–10 Academic Year

continued



CENTRAL OREGON  
community college

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### GENERAL EDUCATION/DISTRIBUTION HUMANITIES

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

### SCIENCE/MATH/COMPUTER SCIENCE

A minimum of 15 credits from the science/math/computer science distribution 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:

BI 231	Human Anatomy & Physiology I	4
BI 232	Human Anatomy & Physiology II	4
BI 233	Human Anatomy & Physiology III	4
BI 234	Microbiology	4
or FN 225	Human Nutrition	

### SOCIAL SCIENCE

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

PSY 201	Mind and Brain	4
PSY 202	Mind and Society	4
HHP 248	Health Psychology	3

### ELECTIVES

Elective credits, 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).

Recommend: HHP 220, Introduction to Epidemiology;  
HHP 258, Holistic Wellness.

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

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