

EXERCISE SCIENCE/KINESIOLOGY - ASSOCIATE OF ARTS OREGON TRANSFER (AAOT)

Description

The Associate of Art Oregon Transfer (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 sample plan is a suggested course of study for students interested in pursuing a bachelor's degree in exercise science/kinesiology.

Statewide General Education Student Learning Outcomes

Please see the [General Education page](#) for statewide general education student learning outcomes.

Entrance Requirements

While this program has no formal entrance requirements, individual courses may have prerequisites which must be met prior to enrollment.

Course Requirements

Course	Title	Credits
General Education/Foundational		
<u>Health:</u>		
Choose 3 credits ¹		3
Recommend: HHP 295		
<u>Mathematics:</u>		
Choose one course		4
Recommend: MTH 111		
<u>Oral Communication:</u>		
Choose one course		3-4
<u>Writing:</u>		
WR 121	Academic Composition	4
WR 122	Argument, Research, and Multimodal Composition	4
or WR 227	Technical Writing	
General Education/Discipline Studies		
<u>Cultural Literacy:</u>		
One course from the following categories must be designated as cultural literacy on the Discipline Studies list (credits count once).		
<u>Arts and Letters:</u>		
Choose three courses from at least two prefixes		9-12
<u>Social Science:</u>		
Choose four courses from at least two prefixes		12-16
Recommend: HHP 100, HHP 270, PSY 201, SOC 201		
<u>Science/Math/Computer Science:</u>		
Choose four courses from at least two prefixes including at least three laboratory courses in biological and/or physical science		12-20
Recommend: BI 231, BI 232, BI 233, HHP 261		
Electives²		

Choose any course numbered 100 or above that brings the total credits to 90 quarter hours. This may include up to 12 credits of Career and Technical Education courses designated by COCC as acceptable.

Recommend: HHP 131, HHP 259, HHP 260, HHP 262, and MTH 112

Total Credits **90-106**

- 1 HHPA activity courses (1 credit each) are not to be duplicated.
- 2 Related courses to consider: HHPA courses, HHP 212A AHA Basic Life Support for Providers CPR, HHP 248 Health Psychology, HHP 266 Nutrition for Health, HHP 240 Science of Nutrition, HHP 267 Wellness Coaching Fundamentals, HHP 268 Sustainable Food and Nutrition, HHP 280A Practicum-Exercise Science, HHP 280B Practicum- Exercise Science

Advising Notes

Nearby public universities with either an exercise science/kinesiology closely related major include:

- 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

Performance Standards

- Academic Requirements:
 - Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.
 - Options for additional standards:
 - All courses in the program must be completed with a grade of C or higher.

Sample Plan

First Term	Credits
Discipline Studies Science/Math/Computer Science (recommend BI 231)	4
Elective (recommend HHPA activity class)	1
Health (recommend HHP 131)	3
Mathematics (recommend MTH 111)	4
WR 121 Academic Composition	4
Credits	16
Second Term	
Discipline Studies Science/Math/Computer Science (recommend BI 232)	4
Elective (recommend HHP 260)	4

Elective (recommend MTH 112)	4
WR 122 or WR 227	Argument, Research, and Multimodal Composition Technical Writing
	4
Credits	16

Third Term

Discipline Studies Arts & Letters	3-4
Discipline Studies Science/Math/Computer Science (recommend BI 233)	4
Discipline Studies Social Science (recommend HHP 270)	3
Elective (recommend HHPA activity class)	1
<u>Oral Communication:</u>	3-4
Credits	14-16

Fourth Term

Discipline Studies Social Science (recommend PSY 201)	4
Discipline Studies Science/Math/Computer Science (recommend HHP 261)	4
Elective (recommend HHP 259)	3
Discipline Studies Social Science (recommend HHP 100)	4
Credits	15

Fifth Term

Discipline Studies Social Science/Cultural Literacy (recommend SOC 201)	4
Elective (HHP 267)	3
Elective (recommend HHP 240 or HHP 266)	3
Discipline Studies Arts & Letters	3-4
Health (recommend HHP 295)	3
Credits	16-17

Sixth Term

Discipline Studies Arts & Letters	3-4
Elective (recommend HHPA activity class)	1
Elective (recommend HHP 212A)	1
Elective (recommend HHP 248)	4
Elective (recommend HHP 262)	3
Elective (recommend HHP 280A and 280B)	2
Credits	14-15
Total Credits	91-95