

Lower Division Department Requirements for Exercise & Sport Science:

OSU Courses (Core EXSS Courses)	Quarter Credits	PCC Course Equivalents	Quarter Credits
CH 221, 222 & 223 General Chemistry <i>or</i> CH 121, 122 & (123 or 130) General Chemistry	15	CH 221, 222, & 223 General Chemistry	15
PSY 201 General Psychology	3	PSY 201/A Intro. to Psychology	4
PH 201 General Physics	5	PHY 201 General Physics	4
MTH 112 Elementary Functions	4	MTH 112 Elementary Functions	5
Z 331 & 341, 332 & 342, 333 & 343 Human Anatomy & Physiology lecture/lab	15	BI 231, 232, & 233 Anatomy & Physiology (students will not be given upper-division credit for these courses)	12

Additional courses for specific options:

ATHLETIC TRAINING

FN 225 Nutrition

PHYSICAL EDUCATION TEACHER EDUCATION

PSY 215 Human Development

FITNESS & NUTRITION

BI 234 Microbiology

PHL 202 Intro to Philosophy: Elementary Ethics

SP 111 or 112 or 214 Public Speaking,

Persuasion/Argument, Interpersonal Communication

PRE-THERAPY & ALLIED HEALTH:

MTH 243 Statistics I - required for all of the following areas

Nursing – SP 214 Interpersonal Communication, BI 234 Microbiology, PHL 202 Intro to Philosophy: Elementary Ethics, PSY 202/A Intro. to Psychology, PSY 215 Human Development, SOC 204 General Sociology

Occupational Therapy – BI 101 General Biology, SP 111 or 112 or 214 Public Speaking, Persuasion/Argument, Interpersonal Communication, PHY 202 General Physics, PSY 202/A Intro. to Psychology, PSY 213 Brain and Behavior, PSY 215 Human Development, PSY 239 Abnormal Psychology, SOC 204 General Sociology

Physical Therapy – BI 211, 212, 213 Principles of Biology *Note: All three courses must be completed for the sequence to transfer as BI 211, 212, 213 to OSU.*, SP 111 or 112 or 214 Public Speaking, Persuasion/Argument, Interpersonal Communication, PHY 202, 203 General Physics, PSY 202/A Intro. to Psychology, Choose 2 from: PSY 213 Brain and Behavior or PSY 215 Human Development or PSY 239 Abnormal Psychology, SOC 204 General Sociology

Physician Assistant & Medicine – BI 211, 212, 213 Principles of Biology *Note: All three courses must be completed for the sequence to transfer as BI 211, 212, 213 to OSU.*, CH 241, 242, 243 Organic Chemistry, SP 111 or 112 or 214 Public Speaking, Persuasion/Argument, Interpersonal Communication, BI 234 Microbiology, PHY 202, 203 General Physics, PSY 202/A Intro. to Psychology

In addition to the departmental requirements listed above, students must also complete coursework for university admission, general education requirements, and BA/BS requirements. Meet with a PCC Academic Advisor to develop an effective transfer plan that will meet your individual needs.

College of Health and Human Sciences
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The Department of Nutrition and Exercise Sciences integrates two complementary applied human sciences, which focus on optimal health and disease prevention through the lifestyle factors of nutrition and physical activity. The Department is fully engaged in the teaching, research and service missions of the University, with flourishing academic programs, federally funded research laboratories, and a strong emphasis on outreach through its Extension programs.

Applied Exercise and Sport Science option allows the student and advisor to work together to develop an individualized academic program integrating studies in exercise science with one or two additional fields. It is designed to prepare students for very specific career goals that are not met by one of the other four options.

Athletic Training students are prepared for certification as athletic trainers, aiding in the prevention, treatment, and rehabilitation of athletic injuries. Upon completion of the prerequisites and admission into the program (15-21 students are admitted each year, GPA higher than 2.75 is required), students follow a three-year program of course work and practical experience. This program is fully accredited by the Commission on Accreditation of Allied Health Education Programs. For application and admission procedures:
<http://www.hhs.oregonstate.edu/nes/athletic-training-program-0>

Fitness & Nutrition: This new option brings together a strong focus in exercise physiology and exercise programming with a foundation in nutrition, which uniquely prepares our graduates to promote health while working with the public in a fitness setting. Graduates of the Fitness & Nutrition option are well prepared to provide leadership for organizing, directing, and managing physical fitness programs in business and industrial settings, health clubs, and hospital-based fitness/wellness and cardiac rehabilitation programs. They are also prepared for professional certifications in fitness and conditioning (such as those from ACSM and NSCA) and for graduate study in the field.

Physical Education Teacher Education (PETE) serves students seeking careers as physical educators. Graduates are prepared to enter a fifth-year credential program (such as a master's degree with a concentration in Sport Pedagogy) to earn a teaching certificate for grades K-12.

Pre-Therapy and Allied Health option prepares students for admission into professional preparation programs in the following areas: physical therapy, occupational therapy, nursing, physician assistant, and medical school. This option emphasizes classroom, clinical and community experiences. Students who complete this option will be exposed to the clinical aspects of an area of interest under the supervision of a licensed professional via the Allied Health Practicum.

PCC DEGREE/TRANSFER INFORMATION:

Please meet with an Academic Advisor for an individualized plan of study.

PCC endeavors to create accurate transfer guides for students; however, requirements may change without notice. Students are responsible for working with PCC advisors and their transfer institution to ensure that their academic plan will meet requirements and timelines.