

COCC Transfer Guide

Bachelor of Science in Kinesiology

Kinesiology: Program Overview

Kinesiology is a degree program that focuses on the biological, physical, social and behavioral sciences in the study of physical activity and sport, and their effects on the health, fitness and quality of life of people of all ages and abilities.

The degree is designed to prepare you for employment and graduate school in areas related to kinesiology and exercise, including health professions such as physical therapy, occupational therapy, chiropractic, nutrition and dietetics, physician assistant, athletic training, wellness coaching, education, as well as medicine, public health, and research.

OSU's Graduation requirements

- OSU Graduation requirements (See box below)
- Baccalaureate Core
- Kinesiology Major requirements

Degree requirements are subject to change and dependent on catalog year in admission to OSU and major declaration.

Graduation Requirements:

- 180 total college credits
- 60 upper division credits (300-400 Level)
- 45 out of last 75 credits must be OSU credits
- 124 max credits transferred from Community College (lower division)

Degree Planning Notes:

- Consider applying for Degree Partnership Program (DPP).
- Students completing an AAOT should use this guide to help you select and plan classes and requirements
- Connect with OSU-Cascades Transfer Admissions Advisor: Carmen Martinez
carmen.martinez@osucascades.edu

Baccalaureate Core Requirements (Bacc Core)

An AAOT degree will complete all Skills and Perspectives courses in the Bacc Core. Find the approved list of COCC courses that complete Bacc Core at the following website:

admissions.oregonstate.edu/baccalaureate-core-course-equivalencies-central-oregon-community-college

| Skills | Non- AAOT Track | AAOT track |
|------------------------------------------------------------------------------------------------------------------|--------------------------|----------------|
| Lifetime Fitness/Lifetime Fitness Lab or PAC | HHP 295 | AAOT completes |
| Math | MTH 112 in major | AAOT completes |
| WR I | WR 121 | AAOT completes |
| WR II | See COCC Bacc Core Guide | AAOT completes |
| Speech | See COCC Bacc Core Guide | AAOT completes |
| Perspective: no more than 2 courses from one subject area may be used to fulfill Perspectives requirement | | |
| Cultural Diversity (CD) | See COCC Bacc Core guide | AAOT completes |
| Literature & Arts | See COCC Bacc Core guide | AAOT completes |
| Social Processes & Institutions (SPI) | See COCC Bacc Core guide | AAOT completes |
| Western Culture (WC) | KIN 312 in major | AAOT completes |
| Physical Science | CHEM in major | AAOT completes |
| Biological Science | See COCC Bacc Core guide | AAOT completes |
| Phys/Bio Science | CHEM in major | AAOT completes |
| Difference, Power, Discrimination (DPD) | See COCC Bacc Core guide | AAOT completes |
| Synthesis: The two courses used to fulfill the Synthesis requirement may not be in the same department | | |
| Contemporary Global Issues (CGI) | OSU Only | OSU Only |
| Science, Tech. and Society (STS) | OSU Only | OSU Only |

Kinesiology Major Requirements

- A grade of C- or better is required in all courses fulfilling Kinesiology Major Requirements (Required support courses, KIN Core, and KIN courses beyond the core)
- PHHS will not accept third course attempts from OSU or transferred from other institutions to meet course requirements within any major.

Required Support Courses:

| OSU Courses | COCC Courses |
|-----------------------------------------------|---------------------------------------------|
| BI 231/241 (5) Human Anatomy & Physiology I | BI 231 (4) Human Anatomy and Physiology I |
| BI 232/242 (5) Human Anatomy & Physiology II | BI 232 (4) Human Anatomy and Physiology II |
| BI 233/243 (5) Human Anatomy & Physiology III | BI 233 (4) Human Anatomy and Physiology III |
| CHEM 121 or CH 231/261 (5) | CHEM 221 (5) Gen Chemistry I |
| CHEM 122 or CH 232/262 (5) | CHEM 222 (5) Gen Chemistry II |
| CHEM 123 or CH 233/263 (5) | CHEM 223 (5) Gen Chemistry III |
| H 100 (4) Intro to Public Health | HHP 100 (4) Intro to Public Health |
| MTH 112 (4) Elementary Functions | MTH 112 (4) Trigonometry |
| NURT 240 (3) Human Nutrition | HHP 240 (3) Science of Nutrition |

Kinesiology Core: Complete each of the following

| OSU Courses | COCC Courses |
|--------------------------------------------------------------|-----------------------------------------------------|
| KIN 131 (1) Introduction to Kinesiology | HHP 131 (3) Introduction to Exercise /Sport Science |
| KIN 206 (1,1,1) Projects (Three credits of KIN 206 required) | No Equivalent at COCC |
| KIN 311 (4) Motor Behavior | No Equivalent at COCC |

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|--------------------------------------------------------|-------------------------------------------|
| KIN 312 (3) Sociocultural Dimen. of Physical Activity | No Equivalent at COCC |
| KIN 314 (3) Intro to Adapted Physical Activity | No Equivalent at COCC |
| KIN 321 (4) Biomechanics of Human Movement | No Equivalent at COCC |
| KIN 324 (4) Exercise Physiology | HHP 261 (4) Exercise Physiology |
| KIN 370 (3) Psychology of Sport & Physical Activity | HHP 270 (3) Sport and Exercise Psychology |
| KIN 481 (3) Analysis of Critical Issues in Kinesiology | No Equivalent at COCC |

Kinesiology Courses Beyond the Core (minimum 24 credits):

KIN courses are chosen to meet individual students' educational goals in preparation for their chosen careers. Students must take a minimum of 24 total credits of 300- & 400-level KIN courses not included in the KIN Core, and among these credits:

- I. A minimum of 3 KIN Lab courses (KIN course with a lab component; credits per course may vary)
- II. A minimum of 3 credits of Experiential Learning from the following courses: KIN 301, KIN 306, KIN 401, KIN 406, KIN 410, and KIN practicum courses; or credits earned in research, study abroad, or service-learning experiences. No more than 9 Experiential Learning credits will count toward the 24 total-credits required.

Examples of Kinesiology Courses with Lab: Three lab courses required

| OSU Courses | COCC courses |
|-----------------------------------------------------|-----------------------------------------------|
| KIN 325 (3) Fitness Assess. & Exercise Prescription | HHP 262 (3) Exercise Testing and Prescription |
| KIN 385 (4) Therapeutic Exercise | No Equivalent at COCC |
| KIN 394 (3) Resistance Training Program Design | No Equivalent at COCC |
| KIN 425 (4) Anatomical Kinesiology | No Equivalent at COCC |
| KIN 474 (3) Exercise Physiology Lab Methods | No Equivalent at COCC |
| KIN 490 (4) Scientific Inquiry & Repair | No Equivalent at COCC |

Examples of Kinesiology Beyond Core Lecture Class

| OSU Courses | COCC Courses |
|----------------------------------------------------|-----------------------|
| KIN 399 (1-3) Special Topics | No Equivalent at COCC |
| KIN 434 (3) Applied Muscle Physiology | No Equivalent at COCC |
| KIN 437 (4) Physical Act., Aging & Chronic Disease | No Equivalent at COCC |
| KIN 483 (3) Tissue Injury and Repair | No Equivalent at COCC |
| KIN 307 (1) Seminar: Pre-Internship | No Equivalent at COCC |

Experiential Learning Examples: 3 credit minimum/Max 9 credits

| OSU Courses | COCC Courses |
|-----------------------------------------|-----------------------|
| KIN 301 (1-16) Research and Scholarship | No Equivalent at COCC |
| KIN 306 (1-16) Projects | No Equivalent at COCC |
| KIN 334 (2) Practicum | No Equivalent at COCC |
| KIN 405 (1-16) Reading and Conference | No Equivalent at COCC |
| KIN 406 (1-16) Projects | No Equivalent at COCC |
| KIN 410 (1-15) Internship | No Equivalent at COCC |

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