

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
- 135 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
- Transfer Admissions Advising:
osucascades.edu/admissions/admissions-advising

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)	KIN 312 In major	AAOT completes
Western Culture (WC)	See COCC Bacc Core guide	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

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 401 (1-16) Research and Scholarship	No Equivalent at COCC
KIN 410 (1-15) Internship	No Equivalent at COCC

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