PHYSICAL EDUCATION / EXERCISE AND SPORT SCIENCE - DEGREE

Transfer Plan: Aligns with Associate of Science | mhcc.edu/HPEAAR

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Physical and health education programs prepare students with the knowledge, skills and attitudes to develop and maintain healthy, active and lifelong lifestyles. The field includes opportunities in health, nutrition, exercise science, sports medicine, sports psychology, wellness and fitness management.

Curricular Outcomes
At the completion of this curriculum, students should be able to:

- Identify and/or demonstrate behaviors and/or concepts that promote optimal health and prevent disease
- Identify societal factors (family, peers, culture, media, technology, etc.) that can influence personal health and wellness
- Demonstrate goal-setting techniques to enhance physical / skill performance
- Demonstrate goal-setting techniques to enhance one or more dimension(s) of wellness
- Demonstrate a proficiency in a physical/skill performance
- Apply leadership techniques

Course Title Credits

First Quarter
CH104 General, Organic and Biological Chemistry I 5
MTH111 Pre-Calculus I: Elementary Functions ★ 5
PE131 Introduction to Physical Education 3
WR121 English Composition ★ 4
Credits 17

Second Quarter
CH105 General, Organic and Biological Chemistry II 5
HPE295 Health and Fitness for Life ★ 3
MTH112 Pre-Calculus II: Trigonometry / Geometry 5
WR122 English Composition: Critical Thinking ★ 4
Credits 17

Third Quarter
BI112 Biology for Health Professions 5
CH106 General, Organic and Biological Chemistry III 5
Health and Physical Education elective / university requirement (p. 1) 3
Arts and Letters requirement (https://catalog.mhcc.edu/degree-certificate-requirements/as/#arts-letters) 3-4
Credits 16-17

Fourth Quarter
BI231 Human Anatomy and Physiology I ★ 4
PSY201 General Psychology ★ 4
Health and Physical Education electives / university requirement (p. 1) 6
Credits 14

Fifth Quarter
COMM111 Fundamentals of Public Speaking ★ 4
BI232 Human Anatomy and Physiology II ★ 4
HPE270 Introduction to Sport Psychology 3
PSY237 Human Development ★ 4
Credits 15

Sixth Quarter
BI233 Human Anatomy and Physiology III ★ 4
HE252 First Aid: Responding to Emergencies 3
Arts and Letters requirement (https://catalog.mhcc.edu/degree-certificate-requirements/as/#arts-letters) 3-4
Health and Physical Education elective / university requirement (p. 1) 3
Credits 13-14
Total Credits 92-94

Recommended Health and Physical Education electives

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HE151</td>
<td>Drug Education: Stimulants and Performance Enhancing Drugs</td>
<td>3</td>
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<tr>
<td>HE152</td>
<td>Drug Education: Opioids, Cannabis, Depressants and Hallucinogens</td>
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<td>HE202</td>
<td>Adult Development and Aging</td>
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<td>HE204</td>
<td>Nutrition for Health</td>
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<td>HE205</td>
<td>Diet Appraisal</td>
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<td>HE207</td>
<td>Stress Control Through Activity Intervention</td>
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<tr>
<td>HE208</td>
<td>HIV and Other Sexually Transmitted Infections</td>
<td>1</td>
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<tr>
<td>HE250</td>
<td>Personal Health</td>
<td>3</td>
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<td>HE255</td>
<td>Alcohol and the Family</td>
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<tr>
<td>HE261</td>
<td>CPR - Cardiopulmonary Resuscitation</td>
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<td>HE265</td>
<td>Women's Health Issues</td>
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<td>HPE170</td>
<td>Structure and Function of the Human Body</td>
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<td>HPE172</td>
<td>Exercise Science</td>
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<td>HPE174</td>
<td>Fitness Assessment and Programming</td>
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Transfer Schools
- Eastern Oregon University (http://www.eou.edu/cobe/physh)
- Oregon State University (http://health.oregonstate.edu)
- Southern Oregon University (http://www.sou.edu/hpe)
- Portland State University (http://www.pdx.edu/sch)
- Western Oregon University (http://wou.edu/education/healthpe)
- University of Oregon (http://physiology.uoregon.edu)

★ Course offered online
Culture Literacy course