

PHYSICAL EDUCATION / EXERCISE AND SPORT SCIENCE - DEGREE

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

Faculty Advisers

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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

Code	Title	Credits
HE151	Drug Education: Stimulants and Performance Enhancing Drugs	3
HE152	Drug Education: Opioids, Cannabis, Depressants and Hallucinogens	3
HE202	Adult Development and Aging	1
HE204	Nutrition for Health	3
HE205	Diet Appraisal ★	1
HE207	Stress Control Through Activity Intervention	1
HE208	HIV and Other Sexually Transmitted Infections	1
HE250	Personal Health ★	3
HE255	Alcohol and the Family	3
HE261	CPR - Cardiopulmonary Resuscitation	1
HE265	Women's Health Issues ★	2
HPE170	Structure and Function of the Human Body	3
HPE172	Exercise Science	3
HPE174	Fitness Assessment and Programming	3

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

🌐 Cultural Literacy course