

PHYSICAL EDUCATION / EXERCISE AND SPORT SCIENCE MAJOR

Transfer Plan: Aligns with Associate of Science | mhcc.edu/HPEAAR
(<http://mhcc.edu/HPEAAR/>)

Faculty Advisers

Matt Hart: 503-491-7455 | Room PE161 | Matt.Hart@mhcc.edu | Students with last name A-E

Petra LeBaron Botts: 503-491-7355 | Room PE155 | Petra.LeBaronBotts@mhcc.edu | Students with last name F-J

Dawn Markell: 503-491-6894 | Room PE158 | Dawn.Markell@mhcc.edu | Students with last name K-O

Amanda Shelton: 503-491-7350 | Room PE157 | Amanda.Shelton@mhcc.edu | Students with last name P-S

Josh Stratman: 503-491-7201 | Room PE160 | Josh.Stratman@mhcc.edu | Students with last name T-Z

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

Students interested in pursuing the Physical Education / Exercise and Sport Science major can complete the following courses toward the Health and Physical Education (HPE) requirement and/or electives on the AS (<https://catalog.mhcc.edu/archives/2020-2021/degree-certificate-requirements/as/>) (recommended), AAOT, ASOT-B, AGS or ASLA degrees. Students are highly encouraged to work with a university transfer adviser to ensure transferability of courses. Admitted students may also log on to Navigate (<https://mhcc.campus.eab.com/home/>) to start the process of building an academic plan based on this major and can notify an adviser for review.

Code	Title	Credits
PE131	Introduction to Physical Education	3
HE252	First Aid: Responding to Emergencies	3
HPE270	Introduction to Sport Psychology	3
HPE295	Health and Fitness for Life ★	3

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