

# PHYSICAL EDUCATION / EXERCISE AND SPORT SCIENCE - TRANSFER MAJOR

## Faculty Advisers

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This major helps students gain the skills, knowledge and attitudes to build and maintain healthy, active lives. Students may transfer to a four year college to pursue majors in the health, exercise, and sport science fields. Be sure to work with your transfer college and an MHCC adviser to plan classes needed.

## 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 AGS (<https://catalog.mhcc.edu/degree-certificate-requirements/ags/>) (recommended), AAOT, ASOT-B, AS or ASLA degrees. Students should work with a university transfer adviser to choose the correct courses.

### Recommended core courses

Code	Title	Credits
PE131	Introduction to Exercise and Sports Science	3
HE209	Sport and Exercise Nutrition	1
HE252	First Aid: Responding to Emergencies	3
HPE170	Structure and Function of the Human Body	3
HPE172	Exercise Science	3
HPE174	Fitness Assessment and Programming	3
HPE260	Prevention and Care of Exercise-Related Injuries	3

HPE270	Introduction to Sport Psychology	3
HPE295	Health and Fitness for Life ★	3

### Recommended 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 and Wellness ★	3
HE255	Alcohol and the Family	3
HE261	CPR - Cardiopulmonary Resuscitation	1
HE265	Women's Health ★	3

### Recommended science courses

Code	Title	Credits
BI231	Human Anatomy and Physiology I ★	4
BI232	Human Anatomy and Physiology II ★	4
BI233	Human Anatomy and Physiology III ★	4
CH151	Basic Chemistry	4
CH221	General Chemistry I	5
CH222	General Chemistry II	5
CH223	General Chemistry III	5

## Transfer Schools

- Eastern Oregon University (<https://www.eou.edu/hhp/physical-education-and-sport/>)
- Oregon State University (<http://health.oregonstate.edu/>)
- Southern Oregon University (<https://sou.edu/academics/health-exercise-science/>)
- Portland State University (<https://www.pdx.edu/academics/programs/undergraduate/applied-health-and-fitness/>)
- Western Oregon University (<http://wou.edu/education/healthpe/>)
- University of Oregon (<http://physiology.uoregon.edu/>)

★ Course offered online

🌐 Cultural Literacy course