

TRANSFER GUIDE FOR OREGON STATE UNIVERSITY

Major Offered Through:

CORVALLIS

CASCADES

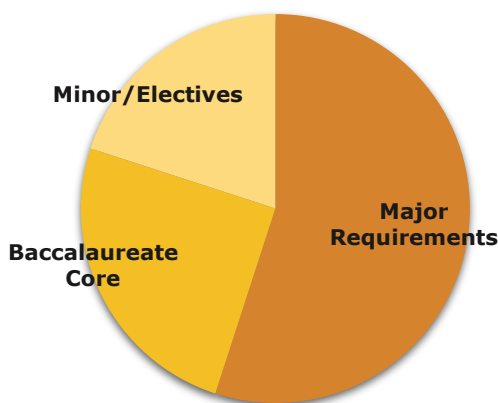
**Mt Hood
Community College**

Kinesiology (KIN)

Physical activity is essential to good health, disease prevention and increasing human performance, and our *popular* and nationally recognized programs will help you be a leader in improving quality of life through safe exercise and organized sport. The Kinesiology major prepares students for careers in physical activity and fitness/wellness such as organizing, directing or managing physical fitness programs; personal trainer; fitness instructor; exercise physiologist; strength and fitness coach; and fitness entrepreneur.

The degree can also serve as preparation for applications to a master's level physical education teacher education program, medical school, a professional program in the allied health professions (e.g. physical or occupational therapy, nursing, physician assistant) or other graduate education.

Your Bachelor's Degree (BS) in the College of Public Health & Human Sciences



- A minimum of 180 credits are required for graduation; 60 must be upper division (300 and 400-level courses).
- A maximum of 124 credits earned at a community college may be applied toward a bachelor's degree at OSU.
- Only courses with letter prefixes and numbers above 100 can be accepted.
- Some courses can count towards your major and the Baccalaureate Core. Check with your advisor.
- Options available. See "Important Notes".
- See the OSU Catalog for a list of courses required for your major and option: catalog.oregonstate.edu

Courses for this Major (offered at Mt Hood Community College)

Priority courses to complete before transferring are distinguished by ^P Bacc Core courses distinguished by *

Requirement	MHCC Course	OSU Courses	Notes
General Chemistry ^P	CH 221, 222, 223	CH 121, 122, 123 or CH 231/261, 232/262, 233/263	*Pre-Med & pre-PA take 2XX All others can take 1XX (also counts as PS)
Human Anatomy & Physiology ^P	BI 231, BI 232, BI 233	BI 231/241, BI 232/242, BI 233/243	
General Psychology	PSY 201 & 202	PSY 201 & 202	*Required for PTAH (also counts as SPI)
Introduction to Sociology	SOC 204	SOC 204	*Req for PTAH (SPI)
Principles of Biology	BI 211, 212, 213	BI 211, 212, 213	*Req for most PTAH (SPI)
Mathematics	MTH 111, 112	MTH 111, 112	*Based on Math Placement
Statistics	MTH 243	ST 201	Req for PTAH
Introduction to Kinesiology	PE 131	KIN 131	
Organic Chemistry	CH 241, 242, 243	CH 331, CH 332, CH 337	Pre-PA CH 331 & 332, Pre-Med all 3 (take at OSU)
Physics	PH 201, PH 202, PH 203	PH 201, PH 202, PH 203	*Req for some PTAH (PS)

Important Notes & Resources

Important Notes for the College and Major:

- Grade requirements: C- minimum for all major required courses and no more than two attempts will be allowed, see <https://health.oregonstate.edu/advising/resources/policies> for more information.
- See a sample degree plan by searching "Kinesiology" at admissions.oregonstate.edu/find-your-major
- Optional supplement degree pathway: Pre-Therapy & Allied Health Option. Within the PTAH option, students can choose any of the following professional tracks: Pre-Athletic Training, Pre-Medicine, Pre-Nursing, Pre-Occupational Therapy, Pre-Physician's Assistant, Pre-Physical Therapy.
- Other similar majors to explore: Biology, Chemistry, Biochemistry, BioHealth Sciences, and Public Health.
- Chemistry, Anatomy & Physiology, and some Baccalaureate Core are priority courses to complete before transferring to OSU.
- For Kinesiology students, the best time to transfer is Fall term, particularly due to the Kinesiology series courses. Talk with an OSU advisor about your specific timeline.
- It is important to speak with your MHCC & OSU Academic Advisor early on, and often, to ensure correct course selection and sequencing.

Resources and OSU Information:

- Students do not have to complete a transfer degree in order to transfer to OSU.
 - If you've completed the Oregon AAOT, all requirements of the Baccalaureate Core are complete except for Synthesis Courses and Writing Intensive Courses.
- Preparing to apply to OSU? See admissions info: oregonstate.edu/admissions/transfer.html
- Want to take classes at both OSU and an Oregon community college? Check out the Degree Partnership Program: partnerships.oregonstate.edu/students

General Education Courses (called the Baccalaureate Core)

- Complete one course in each Perspectives category with no more than two in the same department.
- For full listing of courses that fulfill Baccalaureate Core, please refer to <https://admissions.oregonstate.edu/baccalaureate-core-course-equivalencies-mount-hood-community-college>

SKILLS COURSES	<i>Math</i> <i>Writing I</i> <i>Writing II</i> <i>Speech (Writing III)</i> <i>Fitness</i>	Completed as part of major. WR 121. Required to transfer. Many options, see BaccCore link above Many options, see BaccCore link above HPE 295
PERSPECTIVE COURSES	<i>Biological Science</i> <i>Physical Science</i> <i>Additional Biological or Physical Science</i> <i>Cultural Diversity</i> <i>Literature and the Arts</i> <i>Social Processes and Institutions</i> <i>Western Culture</i>	Often completed as part of major Completed as part of major Completed as part of major Many options, see BaccCore link above Many options, see BaccCore link above Often completed as part of major Completed as part of major
DPD COURSE	<i>Difference, Power, & Discrimination</i>	Many options, see BaccCore link above
SYNTHESIS COURSES	<i>Contemporary Global Issues</i> <i>Science, Technology, & Society</i>	Upper division course, take through OSU Upper division course, take through OSU

Advising Contacts

Mt Hood Community College	https://www.mhcc.edu/AdvisingCenter/
OSU Transfer Coordinator & Academic Advisor	Gina Cavanaugh, Gina.Cavanaugh@oregonstate.edu , (541) 737-8900
OSU College of Public Health and Human Sciences Office of Student Success	Women's Building 105, phhs.peer@oregonstate.edu , (541) 737-8900
OSU KIN website	https://health.oregonstate.edu/kinesiology/undergrad

It is important to speak with your OSU academic advisor early on, and often, to ensure correct course selection and sequencing.

Academic advisors at your community college and OSU are available to answer your questions and assist you in creating a transfer plan. **See your community college advisor first and use this Transfer Guide to help you plan.** Also, consider visiting OSU to take a campus tour and meet with an advisor. See visitosu.oregonstate.edu/visit-campus to schedule your personalized visit.