KINESIOLOGY MAJORS
Transfer guide

Kapi’olani Community College
Term by Term Flow Chart
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.

### Kinesiology
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.

### Pre-Therapy and Allied Health (PTAH)
The Pre-Therapy and Allied Health (PTAH) option, within the Kinesiology major, will prepare you for admission into professional preparation programs in the allied health fields, including physical therapy, occupational therapy, nursing, physician assistant studies and medical school.

**Important Notes and Contacts**
- Students are required to complete certain pre-requisites before adding the PTAH option. Talk to an OSU advisor for more details.
- Students do not have to complete a transfer degree to transfer to OSU. Following the sample two-year plan can help ease the transfer.
- Preparing to apply to OSU? See admissions info: [http://oregonstate.edu/admissions/transfer.html](http://oregonstate.edu/admissions/transfer.html)
- Want to take classes at both OSU and an Oregon Community College? Check out the Degree Partnership Program: [http://oregonstate.edu/partnerships/students](http://oregonstate.edu/partnerships/students)

**Academic Advising**
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 [http://oregonstate.edu/visitosu/tour](http://oregonstate.edu/visitosu/tour) to schedule your personalized visit.

**Kapi’olani Community College**
[https://www.kapiolani.hawaii.edu/counseling-directory/](https://www.kapiolani.hawaii.edu/counseling-directory/)

**OSU College of Public Health and Human Sciences**
541.737.8900
### OSU Kinesiology
Kapi’olani Community College Transfer Guide

#### Your Bachelor’s Degree at OSU

- A minimum of 180 credits are required for graduation.
- 60 of the 180 credits 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.
- See OSU Catalog for a list of courses required for your major and option: [http://catalog.oregonstate.edu/DegreeSearcher.aspx?formstate=undermajors](http://catalog.oregonstate.edu/DegreeSearcher.aspx?formstate=undermajors)

#### General Education Courses (also called Baccalaureate Core)

- Complete one course in each Perspectives category with no more than two in the same department.
- The Oregon AAOT satisfies all lower division requirements of the Baccalaureate Core (all but Synthesis Courses').
- The College of Public Health and Human Sciences allows courses to double count between your major and the Baccalaureate Core.
- See Baccalaureate Core transfer guide* for specific community college courses meeting these requirements: [http://oregonstate.edu/admissions/main/baccalaureate-core-course-equivalencies](http://oregonstate.edu/admissions/main/baccalaureate-core-course-equivalencies)

<table>
<thead>
<tr>
<th>SKILLS COURSES</th>
<th>Math</th>
<th>Writing I</th>
<th>Writing II</th>
<th>Speech</th>
<th>Fitness</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Completed as part of major. Required to transfer.</td>
<td>WR 121 - Required to transfer.</td>
<td>WR 122</td>
<td>COMM 111, or more options at OSU</td>
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<tr>
<th>PERSPECTIVES COURSES</th>
<th>Cultural Diversity</th>
<th>Literature &amp; the Arts</th>
<th>Social Process &amp; Institutions</th>
<th>Western Culture</th>
<th>Biological Science</th>
<th>Physical Science</th>
<th>2nd Bio. or Phys. Science</th>
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<tbody>
<tr>
<td></td>
<td>Completed as part of major (HPHB)</td>
<td>Many options, see transfer guide* (HMP)</td>
<td>Many options, see transfer guide*</td>
<td>Completed as part of major</td>
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<th>DPD COURSE</th>
<th>Difference, Power, &amp; Discrimination</th>
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<td>Many options, see transfer guide*</td>
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<tr>
<th>SYNTHESIS COURSES</th>
<th>Contemporary Global Issues Science, Technology, &amp; Society</th>
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<tr>
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<td>Upper division course, take at OSU</td>
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Kapiʻolani Community College  
Kinesiology

**Year 1**

**Fall**
- MTH (based on level tested into)^  
  ENG 100: Composition I (3)  
  Western Culture*

**Winter**
- MTH (next course in the sequence)  
  ESS 100: Intro Wellness and Fitness (3)  
  Cultural Diversity*

**Spring**
- MTH (next course in the sequence if needed)  
  SP 251: Prin of Effective Speaking (3)  
  Difference, Power & Discrimination*

**Summer**
- This is an ideal time to finish your math credits. You’ll need to get up to MTH 112

**Year 2**

**Fall**
- HE 100: Intro to Public Health (4)  

**Winter**
- Writing II*

**Spring**
- Literature & Arts*  
  Social Processes*

**Summer**
- Finish Chemistry sequence if not completed

**Transferable Math Sequence**
- MTH 103: Fundamentals College Algebra (5)  
- MTH 135: Precalc: Elementary Functions (5)

**^Remedial Math Sequence**
- MTH 20: Basic Mathematics (4)  
- MTH 60: Introduction to Algebra (4)  
- MTH 65: Elementary Algebra (4)  
- MTH 95: Intermediate Algebra (4)

**Minimum Grade Requirements**
- KIN majors must earn a C- or higher in all courses required for major  
- KIN majors are not allowed more than two attempts in courses required for major

**^Placement Test Information**
- For more information on placement tests, visit: https://www.kapiolani.hawaii.edu/admissions/placement-testing-information/

**^ Bacc Core Courses**
- For a list of transferrable courses, go to: http://admissions.oregonstate.edu/course-equivalencies-kapiolani-community-college-osu-sort

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Kapi’olani Community College  
Kinesiology – Pre-Therapy & Allied Health

### Year 1

**Fall**
- MTH (based on level tested into)^ 
  - ENG 100: Composition I (3)
  - Western Culture*

**Winter**
- MTH (next course in the sequence)
  - ESS 100: Intro Wellness and Fitness (3)
  - Cultural Diversity*
- SP 251: Prin of Effective Speaking (3)
  - Difference, Power & Discrimination*

**Spring**
- MTH (next course in the sequence if needed)
  - SP 251: Prin of Effective Speaking (3)

**Summer**
- This is an ideal time to complete your MTH sequence - Students will need MTH 112. If going on to Pre-Med, MTH 251 would be recommended but not required.

### Year 2

**Fall**
- SOC 100: Intro to the Study of Society (3)
  - HLTH 120: Intro to the Health Prof (1)

**Winter**
- Writing II*

**Spring**
- Literature & Arts*

**Summer**
- Finish Chemistry sequence if not completed

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### Transferable Math Sequence
- MTH 103: Fundamentals College Algebra (5)
- MTH 135: Precalc: Elementary Functions (5)

### Remedial Math Sequence
- MTH 20: Basic Mathematics (4)
- MTH 60: Introduction to Algebra (4)
- MTH 65: Elementary Algebra (4)
- MTH 95: Intermediate Algebra (4)

These classes cannot be transferred to OSU for credit.

### Minimum Grade Requirements
- PTAH requires: No grade less than “C” in any Anat & Phys course, and an overall A&P GPA of 2.70; Cumulative GPA 3.0; Minimum of 90 credits completed

### Notes
- * Bacc Core Courses
- For a list of transferrable courses, go to: [http://admissions.oregonstate.edu/course-equivalencies-kapiolani-community-college-osu-sort](http://admissions.oregonstate.edu/course-equivalencies-kapiolani-community-college-osu-sort)
- For more information on placement tests, visit: [https://www.kapiolani.hawaii.edu/admissions/placement-testing-information/](https://www.kapiolani.hawaii.edu/admissions/placement-testing-information/)