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 or asking our Peer Advisors questions about the transfer process.

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

**Portland Community College**
[http://www.pcc.edu/resources/advising/](http://www.pcc.edu/resources/advising/)

**OSU College of Public Health and Human Sciences**
541.737.8900
[https://health.oregonstate.edu/peer-advisors](https://health.oregonstate.edu/peer-advisors)
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: https://catalog.oregonstate.edu/programs/

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

<table>
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<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>
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<td>Completed as part of major. Required to transfer.</td>
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<td></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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<td>HPE 295</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 (HHPB)</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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</thead>
<tbody>
<tr>
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<td>Upper division course, take at OSU</td>
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# Portland Community College Kinesiology

## Year 1

### Fall
- **CH 221**: General Chem I (requires MTH 111 prior or concurrent) (5) [All]
- MTH (based on level tested into)^ [All]
- WR 121: English Composition (4) [All]
- Western Culture*

### Winter
- **CH 222**: General Chem II (or 221) (5) [All]
- MTH (next course in the sequence)
- HE 295: Health and Fit for Life (2) [All]
- PE 295: Health and Fit for Life Lab (1) [All]
- Cultural Diversity*

### Spring
- **CH 223**: General Chem III (or 222) (5) [All]
- MTH (next course in the sequence if needed)
- COMM 111: Public Speaking (4) [All]
- BI 112: Cell Bio for Health Occ (5) [All]

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

## Year 2

### Fall
- **BI 231**: Human Anatomy & Phys (4) [F] Social Processes*
- Writing II*
- Biological Science*

### Winter
- **BI 232**: Human Anatomy & Phys (4) [W] Literature & Arts*
- Writing II*
- Biological Science*

### Spring
- **BI 233**: Human Anatomy & Phys (4) [Sp]
- Difference, Power & Discrimination*
- Electives

### Summer
- Finish Chemistry sequence if not completed; enrollment in CH 221 requires MTH 111 AND CH 151 (or CH 151 competency).

## Transferable Math Sequence
- **MTH 111**: College Algebra (5)
- **MTH 112**: Elementary Functions (5)

## Remedial Math Sequence
These classes cannot be transferred to OSU for credit.
- MTH 20: Basic Math (4)
- MTH 60: Introductory Algebra I (4)
- MTH 65: Introductory Algebra II (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

## Bacc Core Courses
For a list of transferrable courses, go to:
[http://oregonstate.edu/admissions/main/baccalaureate-core-course-equivalencies](http://oregonstate.edu/admissions/main/baccalaureate-core-course-equivalencies)

## Placement Test Information
For more information on placement tests, visit:
[http://www.pcc.edu/resources/testing/placement/](http://www.pcc.edu/resources/testing/placement/)
Portland Community College
Kinesiology – Pre-Therapy & Allied Health

**Year 1**

**Fall**
- CH 221: General Chem I (requires MTH 111 prior or concurrent) (5) [All]
- MTH (based on level tested into)^
- WR 121: English Composition (4) [All]
- PSY 201A: Intro to Psychology I (4) [All]

**Winter**
- CH 222: General Chem II (or 221) (5) [All]
- MTH (next course in the sequence)
- HE 295: Health and Fit for Life (2) [All]
- PE 295: Health and Fit for Life Lab (1) [All]
- PSY 202A: Intro to Psychology II (4) [All]

**Spring**
- CH 223: General Chem III (or 222) (5) [All]
- MTH (next course in the sequence if needed)
- BI 112: Cell Bio for Health Occ (5) [All]

**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**
- BI 231: Human Anatomy & Phys (4) [F]
- SOC 204: Sociology in Everyday Life (3) [All]
- Writing II*

**Winter**
- BI 232: Human Anatomy & Phys (4) [W]
- MTH 243: Statistics I (5)
- Difference, Power & Discrimination*

**Spring**
- BI 233: Human Anatomy & Phys (4) [Sp]
- PSY 215: Human Development (4) [All]
- Cultural Diversity*

**Summer**
- Finish Chemistry sequence if not completed; enrollment in CH 221 requires MTH 111 AND CH 151 (or CH 151 competency).

**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

**Transferable Math Sequence**
- MTH 111: College Algebra (5)
- MTH 112: Elementary Functions (5)
- MTH 251: Calculus I (5)
- MTH 252: Calculus II (5)

**Remedial Math Sequence**
- These classes cannot be transferred to OSU for credit.
- MTH 20: Basic Math (4)
- MTH 60: Introductory Algebra I (4)
- MTH 65: Introductory Algebra II (4)
- MTH 95: Intermediate Algebra (4)

**To do this term:**
- To do this term: Apply for admission to OSU (Nov. – Dec.)
- To do this term: Complete FAFSA (February deadline)
- To do this term: Complete Intent to Enroll form OR Pay Advance Tuition Deposit (Apr. 30 deadline) AND Register for START
- To do this term: Attend Transfer START
- Look for housing in Corvallis

* Bacc Core Courses

For a list of transferrable courses, go to: [http://oregonstate.edu/admissions/main/baccalaureate-core-course-equivalencies](http://oregonstate.edu/admissions/main/baccalaureate-core-course-equivalencies)

For more information on placement tests, visit: [http://www.pcc.edu/resources/testing/placement/](http://www.pcc.edu/resources/testing/placement/)