HEALTH STUDIES: PHYSICAL ACTIVITY & EXERCISE CONCENTRATION
A grade of C- or higher is required for all major coursework.

**CORE COURSES (32 credits)**

- STAT 243 NB or LS
- PHE 250 Our Community, Our Health
- PHE 295 Health Promotion & Disease Prevention
- PHE 350 Health & Health Systems
- PHE 443 Environmental Health
- PHE 450 Epidemiology (pre-req STAT 243)
- PHE 404 Internship (8 credits)

**SUBSTITUTION**

Students must complete **ALL** of the following (36 credits):

- BIO 301 Human Anatomy/Physiology\(^1\)
- BIO 302 Human Anatomy/Physiology\(^1\)
- BIO 303 Human Anatomy/Physiology\(^1\)
- PHE 370 Applied Kinesiology\(^2\)
- PHE 325U Nutrition
- PHE 456 Health Aspects of Aging
- PHE 473 Exercise Physiology\(^3\)
- PHE 474 Exercise Prescription\(^4\)
- PHE 475 Exercise Testing Techniques\(^5\)

\(^1\) May be substituted with a 200-level Human Anatomy/Physiology sequence
\(^2\) First term of Human Anatomy/Physiology sequence required
\(^3\) First two terms of Human Anatomy/Physiology sequence required
\(^4\) PHE 473 required
\(^5\) PHE 473 and PHE 474 required

Students must also complete **ONE** of the following (4 credits):

- PHE 471 Program Planning/Evaluation in Health **OR** PHE 448 Health Ed. Teaching Techniques & Strategies

**Electives (16 credits of any PHE electives or approved courses related to health):**

_________________________  _______________________

Upper Division Credits (72 required): ______
Total Credits (180 required): ______
BACHELOR OF SCIENCE

Sciences (12 credits, 8 must have a lab)

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__________________________ Lab

__________________________ Lab

Arts and/or Social Sciences (12 credits)

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__________________________

Math (4 credits)

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BACHELOR OF ARTS

Arts and Letters (12 credits, 4 must be Fine & Performing Arts)

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Sciences, Math (4 credits)

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Social Science, Sciences, Math (8 credits)

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Foreign Language (203 or higher, 4 credits)

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Writing Requirement

Students admitted having earned 30-89 credits need writing 121 and SINQ coursework, as determined by credit placement. Students admitted having earned 90 or more credits meet the requirement with WR 121, plus an additional course from the following list: WR 211, 222, 227, 300, 323, 327, 333, 420 or a 4 credit Writing Intensive Course (WIC).

______________________ WR 121

______________________ Additional Writing Course

UNIVERSITY STUDIES
(www.pdx.edu/unst)

Transfer students who have earned less than 30 credits must complete all of the Freshman Inquiry coursework. The upper division cluster must follow one of the Sophomore Inquiry classes. Transfer students with 90+ credits may complete any cluster.

All 3 cluster courses must be from the same cluster. PHE courses cannot be used to fulfill a cluster. All students must complete a 6 credit Capstone.

FRESHMAN INQUIRY

UNST __________

UNST __________

UNST __________

SOPHOMORE INQUIRY

UNST __________

UNST __________

UNST __________

30-59 credits = 3 SINQ courses

60-74 credits = 2 SINQ courses

75-89 credits = 1 SINQ course

UPPER DIVISION CLUSTER

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CAPSTONE (6 credits)

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