

Table A

Transfer Guide

Transfer Guide and Articulation Degree Map template for first two years leading to the Associates degree or 2+2 plan (Part 1 of 2)

Portland State University – *School of Community Health*
 Transfer Guide with *Portland Community College*

<i>Portland Community College</i> Exercise Science (Fitness Technology) <i>Updated on 10/2018 (2015/2016)</i>	Transfer Guide for: Portland State University <i>Applied Health and Fitness</i>
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Major Requirements:

PSU Courses	Quarter Credits	CC NAME Course Equivalents	Quarter Credits
PHE 270 Basic Biomechanics	2	FT 131 Structure Function of Human Body	4
PHE 361 Care and Prevention of Injuries	4	FT 100 Emergency Response for Fitness Professionals (1) FT 110 Injury Prevention and Management (2)	3
PHE 370 Kinesiology	4	FT 106 Analysis of Movement	3
PHE 474 Exercise Prescription PHE 475 Fitness Testing	4 4	FT 104 Fitness Assessment FT 105 Exercise Prescription FT 201 Advanced Fitness Assessment and Prescription	3, 3, 3
PHE 473 Exercise Physiology	4	FT 107 Exercise Physiology FT 204 Advanced Exercise Physiology	3, 3
PHE 404 Internship	4 – 8	FT 280 Fitness Technology Internship	4 - 8

<p>Additional Requirements for Major at PSU: Bio 301, 302 if anatomy/physiology is not completed at PCC <i>PHE 250 Our Community Our Health</i> <i>Biology 301, 302 Anatomy/Physiology or equivalent (PCC Bio 121/122 or Bio 231/232</i> PHE 341 Research in Fitness PHE 325 Nutrition (PCC CH 250 is acceptable) PHE 363 Communicable and Chronic Disease Focus Area Requirements: 8 credits of PHE electives and 5 of the following courses: PHE 421 Health Behavior Change, PHE 456 Health Aspects of Aging, BA elective, PHE 417 Adapted PE, PHE 350 Motor Learning, PHE Activity Classes, PHE 295 Health Promotion, COMM 218</p>
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Interpersonal Communication, PHE 466 Mind/Body Health,

In addition to the departmental requirements listed above, students must also complete coursework for university admission, general education requirements, and BA/BS requirements. Meet with Barbara Griffin (PCC) Academic Advisor to develop an effective transfer plan that will meet your individual needs.

General Education Requirements at PSU:

- University Studies- Generally, you will be placed in University Studies based on the number of transferable credits you complete. For more information on University Studies placement and requirements please visit: <http://www.pdx.edu/unst/transfer-students-and-university-studies>
- *Biology 121& 122 or Biology 231 and 232 with lab, math at college level, writing 121 and higher level writing*

BA/BS Degree Requirements at PSU:

Bachelors of Arts

Required Course	Completed at CC	Completed in PSU Major	Left to Complete*
Writing 121	4 credits		completed
8 credits Arts and Letters	4 credits Arts and Letters		4 credits
4 credits Fine and Performing Arts			4 credits
4 credits Science or Math	4 credits		completed
8 credits Social Science, Math, Science	4 credits		4 credits
Foreign Language at the 203 or higher or show competency at that level**			4 to 24 credits*

Bachelors of Science

Required Course	Completed at CC	Completed in PSU Major	Left to Complete*
8 credits Lab Science	(suggested Bio 231, 232)	8 credits Bio 301, 302 (would be fulfilled by	completed

		Bio 231, 232)	
4 credits Lab or Non Lab Science	4 credits science		completed
4 credits Math			4 credits
12 credits Arts and Letter and/or Social Science	WR 121, Arts, Social Science		completed

*These classes may be completed as part of your general education, perquisites, or elective requirements for the A.A.S. Speak to an advisor to determine which classes to take to meet requirements.

** Foreign Language Requirement for Bachelors or Arts: Students with no previous knowledge of foreign language will need to complete two full years of a language at the college level for a Bachelors of Arts (BA). Students who already possess competence in a foreign language may meet the BA language requirement by completing any foreign language course numbered 203 or for which 203 is a perquisite, or otherwise demonstrate proficiency with the World Language and Literature Department at PSU.

NOTE: Students who graduated or would have graduated from High School in Oregon in 1997 or later must have two years of foreign language at the high school level or two terms at the college level to meet admission requirements, even if they plan to pursue a BS degree. Students transferring to PSU must submit a high school transcript if they completed this requirement at their high school.

<p>Arts and Letters Applied Linguistics, Architecture*, Art*, Arts & Letters, Black Studies (221, 351, 352, 353, 421, 424-427 only), Communication Studies, Conflict Resolution, Dance, English/Writing, World Languages and Literatures, Humanities, Music*, Philosophy, Speech and hearing Sciences, Theater Arts*, *Denotes Fine and Performing Arts</p>	<p>Sciences Biology, Chemistry, Environmental Studies, Geology, Geography (), Physics, Science Education (SCI)</p>	<p>Social Sciences Anthropology, Black Studies (except 221), Chicano/Latino Studies, Child/Family Studies, Criminal Justice (220 and 330 only), Economics, Geography, History, Int'l Studies, Native American Studies, Political Science, Psychology, Social Science, Sociology, Urban Studies & Planning, Women's Studies</p>
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Please refer to Applied Health degree map for further information on major and degree requirements at PSU.

*Minimum number of credits taken at PSU (excludes credit by examination): 45 of the final 60 or

165 total

**Maximum number of credits transferred from regionally accredited two-year institutions: 124*