

Health and Physical Education Transfer to Southern Oregon University

Holland code family: Helpers

About the Program

The Associate of Science (AS) degree is based on a signed articulation agreement with Southern Oregon University (SOU). The program is designed for students transferring to SOU's bachelor's degree program in health and physical education. Students must work closely with advisors in their areas of interest to ensure electives are appropriate.

The curriculum allows for 48 core credits within the major area. By completing all appropriate credits (including electives), students will fulfill required lower division coursework for transfer to SOU. Students should be aware, however, that if they transfer before completing this degree, their courses will be evaluated individually toward the transfer requirements of the college of their choice.

Program Learning Outcomes

The curriculum in RCC courses is derived from a set of identified learning outcomes that are relevant to the discipline. Program learning outcomes for the Health and Physical Education Transfer to Southern Oregon University degree are:

Document a personal knowledge of demographic health changes and trends in chronic and acute diseases in the U.S. over the last 100 years.

Describe the correlations between nutrition, stress, exercise, healthy living and the human body.

Describe the connections between emotional well-being and physical wellness.

Demonstrate proficient understanding of rules and etiquette for physical activities to encourage lifelong physical engagement in the wellness activity.

Exhibit improvement in skills or body mechanics, and model correct functional movement appropriate to activity to encourage lifelong enjoyment, prevent injury, and respond to emergency situations.

Entry Requirements

Students are required to complete the Placement Process to determine skill level and readiness in math, reading, and writing. As part of their training program, students must begin with the courses within their skill level as determined through the Placement Process. In addition, students may also be required to enroll in classes that would increase their employability and success.

Advanced Standing

Coursework from accredited universities will be accepted in accordance with college policies. In order to ensure that coursework is current, program courses over 3 years old must be reviewed and approved by the appropriate department chair before being accepted toward core requirements.

Graduation Requirements

The Associate of Science degree will be awarded to students who complete all credits in this program with a grade of "C" or better. Certain required courses are also graded on a pass/no pass basis only. A grade of "P" for these courses indicates a student earned the equivalent of a "C" or better grade.

Prerequisites

Course No.	Course Title	Credits
CCS/CIS	Approved 3-4 credit Computer Science or Computer Information Science class, CS120/CIS120 or above, or documented computer proficiency within the past ten years.	0-4
MTH95	Intermediate Algebra or designated placement test score	0-4
WR115	Introduction to Expository Writing or designated placement test score	0-3

Total Prerequisite Credits **0-11**

General Education Requirements

Course No.	Course Title	Credits
BI211	General Biology I with lab	4
BI212	General Biology II with lab (highly recommended) or any other science or non-science lower division transfer course	4
COMM225	Small Group Communication and Problem-solving or SP111 Fundamentals of Public Speaking or SP218 Interpersonal Communication	4
LIB127	Introduction to Academic Research	1
MTH243	Probability and Statistics	4



NFM225	Nutrition	4
WR121	English Composition I	4
WR122	English Composition II or WR227 Technical Writing	4
—	Approved humanities electives 1	10-12
—	Approved social science electives 2	3-4

Total General Education Requirements **42-45**

Core Requirements

Course No.	Course Title	Credits
BI231	Anatomy and Physiology I with lab	4
BI232	Anatomy and Physiology II with lab	4
BI233	Anatomy and Physiology III with lab	4
HE131	Introduction to Exercise and Sport Science	3
HE199	Special Studies in Health or PE199 Special Studies in Physical Education	1
HE208	HIV and Other Epidemics	1
HE250	Personal Health	3
HE252	First Aid/CPR	3
HE253	Wilderness First Aid	3
HE259	Care and Prevention of Athletic Injury	3
HPE295	Health and Fitness for Life	3
PE185	Physical Education	7
PE280	CWE/Physical Education	2
—	Approved program electives 3	7

Total Core Credits **48**

TOTAL PROGRAM CREDITS **90-93**

1 Approved Humanities Electives

(Complete at least three courses from the following list, 10-12 credits.)

Course No.	Course Title	Credits
ART131	Introduction to Drawing	3
ART204,205,206	History of Art I, II, III	4-4-4
ENG104,105,106	Introduction to Literature	4-4-4
ENG107,108,109	World Literature	4-4-4
ENG201,202	Shakespeare I, II	4-4
ENG204,205,206	Survey of English Literature	4-4-4
ENG253,254,255	Survey of American Literature	4-4-4
ENG257	African American Literature	4
ENG260	Introduction to Women Writers	4

ENG275	The Bible as Literature	4
HUM101,102,103	Introduction to Humanities	4-4-4
HUM215,216,217,218,219	Native American Arts and Cultures	4-4-4-4-4
IS110	Introduction to International Studies I	4
MUS105	Music Appreciation	3
MUS108	Music in World Cultures	4
MUS201	Introduction to Western Music	4
MUS205	History of Jazz	3
MUS206	Introduction to Rock Music	3
MUS208	Film Music	3
MUS261,262,263	History of Western Music I, II, III	4-4-4
MUS264,265,266	History of Rock I, II, III	3-3-3
PHL101,102,103	Philosophical Problems/Ethics/Critical Reasoning	4-4-4
REL201	World Religions	4
REL243	Nature, Religion and Ecology	4
SP115	Introduction to Intercultural Communication	4
SPAN201,202,203	Second Year Spanish I, II, III	4-4-4
TA141	Fundamentals of Acting	4
WR241,242,243	Imaginative Writing I, II, III	4-4-4

2 Approved Social Science Electives

(Complete at least one course from the following list, 3-4 credits.)

Course No.	Course Title	Credits
ANTH110,150	Introduction to Cultural Anthropology/Archaeology	4-4
BA101	Introduction to Business	4
BA218	Personal Finance	3
CJ101/SOC244	Introduction to Criminology	4
CJ120	Introduction to the Judicial Process	4
CJ243/SOC243	Drugs, Crime and Addiction	4
COMM237	Communication and Gender	4
ECON115	Introduction to Economics	3
ECON201,202	Principles of Microeconomics/Macroeconomics	4-4
GEOG100	Introduction to Physical Geography	3
GEOG110	Introduction to Cultural and Human Geography	3
GEOG120	World Regional Geography	3
HST104	World Civilizations: Prehistory - Middle Ages	4
HST105	World Civilizations: Byzantium - Present	4
HST201	U.S. History through Reconstruction	4
HST202	U.S. History: Post-Reconstruction - Present	4
IS111	Introduction to International Studies II	3
PS201,202	U. S. Government I, II	3-3
PSY101	Psychology of Human Relations	3
PSY119	Psychology of Personal Growth	4
PSY201,202	General Psychology I, II	4-4
PSY215	Life Span Human Development	4
PSY219	Introduction to Abnormal Psychology	4
PSY231	Human Sexuality	3
SOC204,205	Introduction to Sociology, American Society	4-4
SOC211	Social Deviance and Social Control	3
SOC213	Race and Ethnicity in the U.S.	4
SOC218	Sociology of Gender	4
SOC225	Social Problems and Solutions	4
SOC228	Environment and Society	4
SOC230	Introduction to Gerontology	4
SOC235/HST259	The Chicano/Latino Historical Experience	4

3 Approved Program Electives

(Select 7 credits from a related field, not otherwise required within the base program or option area.)

For more information contact the Health/Physical Education/Recreation Department:

Grants Pass	541-956-7140
Medford	541-245-7504
Toll free in Oregon	800-411-6508, Ext. 7140 or Ext. 7504
email	rwhealthpe@rogucecc.edu or rvhealthpe@rogucecc.edu
Web address	www.rogucecc.edu/HPER
TTY	Oregon Telecom Relay Service, 711

This advising guide is for advising purposes only. Please see current college catalog for additional information on specific college policies and graduation requirements.

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