



ARTICULATION/TRANSFER AGREEMENT

Chemeketa Community College
Health & Human Performance

to

Eastern Oregon University
Health and Human Performance

Physical Education and Sport, Exercise Science, and Community Health

Identify Both Institutions:

The parties to this Articulation Agreement are Chemeketa Community College (Chemeketa) located at 4000 Lancaster Drive NE, Salem OR 97305, and Eastern Oregon University (EOU) located at 1 University Drive, La Grande OR 97850.

Effective Date:

This agreement is effective beginning the 2023-24 academic year, and is subject to re-evaluation in five years (expiring in June 30, 2028), unless changes and modifications are necessary, or terminated earlier.

Purpose/Transfer Agreement:

The purpose of this agreement is to develop, maintain, and promote a smooth academic pathway that supports successful student transition to EOU and the Health and Human Performance program. This agreement does not guarantee admissions to EOU, nor does it carry any other promises, such as financial aid or course placement, unless otherwise noted.

This agreement is based on an evaluation of the rigor and content of the Technical and General Education courses at both Chemeketa and EOU. It is agreed that students transferring from Chemeketa's Health and Human Performance to EOU's Health and Human Performance will be given credit for the courses listed below.

General University Graduation Requirements

- **180** – minimum credits required to graduate from EOU
- **60** – minimum credits of upper division (300 & 400 level) credits required to graduate from EOU
- **60** – General Education Core credits required to graduate from EOU
(see <https://www.eou.edu/registrar/gened/>)
- **45** – minimum credits must be earned from EOU, 30 must be 300/400 level
- **135** – maximum credits that can be transferred to EOU from accredited institutions
- **12** – maximum career and technical education (CTE) elective credits that can be transferred
- **“C-”** – Minimum grade required in courses used in both Program & General Education requirements

Transfer Equivalency

Credits are awarded for college-level academic courses transferred from an institution accredited by a regional accrediting association. All credits will be transcribed no matter the grade. Any fully admitted student who submits an official transcript from another college or university will have that transcript evaluated and articulated. Courses can transfer into EOU as EOU course equivalencies documented in this agreement.

NOTE: Most of the credits you earn at other accredited four-year colleges or universities will transfer to EOU. Students with the following Associate degrees from accredited colleges will be considered as having met the 60-credit general education distribution requirements at EOU:

- Associate of Arts Oregon Transfer (AAOT)
- Associate of Science Oregon Transfer (ASOT)

LOWER DIVISION COURSE EQUIVALENCIES FOR HHP and CCC PROGRAMS

Completion of an AAOT or ASOT at CCC completes EOU's General Education course requirements. Below is a table how CCC Courses Transfer to EOU.

| Course Equivalencies | | | |
|---|------------|--|------------|
| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
| HE 209 Human Sexuality | 3 | CH Lower Division Transfer Elective (Subs for PSY 231 Human Sexuality) | 3 |
| HE 204 Nutrition and Fitness or NFM 225 Nutrition (Only take 1) | 3-4 | CH 225 Nutrition | 3-4 |
| HPE 295 Health and Fitness for Life <i>(Applies only for the Community Health concentration)</i> | 3 | CH 298 Health & Fitness for Life <i>(Applies only for the Community Health concentration)</i> | 3 |
| HPE 184 Prevention and Care of Athletic Injuries | 3 | PES Lower Division Transfer Elective (HPE 184 & 284 sub for PES 359) | 3 |
| HPE 285 Advanced Prevention and Care of Athletic Injuries | 4 | PES Lower Division Transfer Elective (HPE 184 & 284 sub for PES 359) | 4 |
| MTH 111Z Precalculus I: Functions | 5 | MATH 111Z Precalculus I: Functions | 5 |
| MTH 243Z Elementary and Statistics | 4 | STAT 243Z Elementary Statistics | 4 |
| BI 231 Human Anatomy & Physiology | 4 | BIOL 231 Human Anatomy & Physiology | 4 |
| BI 232 Human Anatomy & Physiology | 4 | BIOL 232 Human Anatomy & Physiology | 4 |
| BI 233 Human Anatomy & Physiology | 4 | BIOL 233 Human Anatomy & Physiology | 4 |

HHP Course Requirements within each Concentration that can be taken at

Chemeketa Community College.
Students typically pick one concentration in the HHP curriculum.

HHP Core

All HHP Concentrations require these core classes:

| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
|---|------------|---|------------|
| BI 231 Human Anatomy & Physiology | 4 | BIOL231 Human Anatomy & Physiology | 4 |
| BI 232 Human Anatomy & Physiology | 4 | BIOL 232 Human Anatomy & Physiology | 4 |
| BI 233 Human Anatomy & Physiology | 4 | BIOL 233 Human Anatomy & Physiology | 4 |
| Waived with AAOT/ASOT | 0 | HHP 131 – Prof Careers & Founds | 2 |

HHP Community Health Required Courses

| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
|--|------------|---|------------|
| HE 204 Nutrition and Fitness or NFM 225 Nutrition (Only take 1) | 3-4 | CH 225 Nutrition | 3-4 |
| HE 250 Personal Health | 3 | CH 250 Personal Health & Wellness | |
| HPE 295 Health & Fitness for Life | 3 | CH 298 Lifetime Fitness | 3 |

Community Health Elective Courses

Complete at least 10 credits from the following courses

| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
|---|------------|---|------------|
| HE 209 Human Sexuality | 3 | PSY 231 Human Sexuality | 3 |

HHP Exercise Science Required Courses

Statistics Requirement

Choose one of the following 5 credit statistics options; STAT 327 or STAT 243Z & 244

| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
|---|------------|---|------------|
| N/A | 0 | STAT 327 | 5 |
| MTH 243Z Elementary Statistics | 4 | STAT 243Z Elementary Statistics | 4 |
| N/A | 0 | STAT 244 Correlation & Regression | 1 |

HHP Nature and Outdoor Recreation Programming Concentration

| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
|--|------------|---|------------|
| HE 204 Nutrition and Fitness or NFM 225 Nutrition (Only take 1) | 3-4 | CH 225 Nutrition | 3-4 |
| HPE 295 Health & Fitness for Life | 3 | CH 298 Lifetime Fitness | 3 |

HHP Physical Education and Sport Required Courses: 47 credits

| Chemeketa Course # and Title | Cr. | Eastern Oregon University Course # and Title | Cr. |
|--|------------|---|------------|
| HPE 184 Prevention and Care of Athletic Injuries | 3 | PES Lower Division Transfer Elective (HPE 184 & 284 sub for PES 359) | 3 |
| HPE 285 Advanced Prevention and Care of Athletic Injuries | 4 | PES Lower Division Transfer Elective (HPE 184 & 284 sub for PES 359) | 4 |
| HE 252 First Aid & CPR | 3 | CH 252 First Aid & CPR | 3 |

Chemeketa students are required to follow EOU's admissions and application guidelines.

Terms of Review/Re-evaluation:

This agreement is subject to re-evaluation in five years (expiring in June 30, 2028) by both colleges for continuation and/or modification not less than 90 days prior to the end of the academic year unless modifications or changes are necessary. Continuation and/or modification to this agreement must be provided in writing by Chemeketa to EOU's Director of Regional Outreach and Innovation and by EOU's Director of Regional Outreach and Innovation to Chemeketa's Dean of Health and Human Performance, and approved by Chemeketa's Vice President of Academic and Student Affairs and EOU's Provost.

Termination:

Either college can terminate this agreement by providing written notice no less than 90 days prior to the intent to terminate. This notice must be provided by Chemeketa to EOU's Director of Regional Outreach and Innovation and by EOU to Chemeketa's Dean of Health and Human Performance.

Contact(s) for Chemeketa:

Nathan Pratt
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Eric Colon-Cortes
Dean, Health & Human Performance
Chemeketa Community College
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503.399.6258

Contact(s) for EOU:

Matt Seimears
Interim Provost
Eastern Oregon University
mseimears@eou.edu
541.962.3511

Peter Geissinger
Dean STMHS
Eastern Oregon University
pgeissinger@eou.edu
541.962.3638

MERGER. THIS AGREEMENT CONSTITUTES THE ENTIRE AGREEMENT BETWEEN THE PARTIES. NO WAIVER, CONSENT, MODIFICATION, OR CHANGE OF TERMS OF THIS AGREEMENT SHALL BIND EITHER PARTY UNLESS IN WRITING AND SIGNED BY BOTH PARTIES. SUCH WAIVER CONSENT, MODIFICATION, OR CHANGE, IF MADE, SHALL BE EFFECTIVE ONLY IN THE SPECIFIC INSTANCE AND FOR THE SPECIFIC PURPOSE GIVEN. THERE ARE NO UNDERSTANDINGS, AGREEMENTS OR REPRESENTATIONS, ORAL OR WRITTEN, NOT SPECIFIED HEREIN REGARDING THIS AGREEMENT.

IN WITNESS WHEREOF, the parties hereto have executed this Agreement on the day and year of the last date accompanying the signatures.

Chemeketa Community College:

By: David J. Hallett 5/23/2023
David Hallett Date
Interim Vice President, Academic and Student
Affairs Chemeketa Community College

By: Donall I Brase 05.16.2023
Don Brase Date
Executive Dean, General Education and Transfer
Studies
Chemeketa Community College

By: [Signature] 5/12/2023
Eric Colon-Cortes Date
Dean, Health & Human Performance
Chemeketa Community College

Eastern Oregon University:

By: C. Matt 5/11/2023
Matt Seimears Date
Provost
Eastern Oregon University

By: Peter Geissinger 5/11/2023
Peter Geissinger Date
Dean STMHS
Eastern Oregon University

By: Tressa Seydel May 5, 2023
Tressa Seydel Date
Director ROI
Eastern Oregon University

Health And Human Performance w/Physical Education & Sport Concentration

Complete all [institutional graduation requirements](#).

Health and Human Performance w/Physical Education & Sport Concentration requires a minimum of 67 credits to complete the major. A grade of “C-” or better is required for each course counting towards the major and a cumulative GPA of 2.00 is required for completion of the major. S/U courses may not be elected for program requirements.

Available both on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

Program recommended general education courses;

SSC: PSY 201, 202; SOC 204; ANTH 201

GTW: WR 121, LIB 127

*Transfer students with 90 credits or more satisfy the requirement for **HHP 131** Professional Careers and Foundations in HHP

Health and Human Performance Core Required Courses: 20 credits

- [BIOL 231 - Human Anatomy & Physiology I w/Lab](#) Credits: 4
- [BIOL 231L - Human Anatomy/Physiology I Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 232 - Human Anatomy & Physiology II w/Lab](#) Credits: 4
- [BIOL 232L - Human Anatomy/Physiology II Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 233 - Human Anatomy & Physiology III w/Lab](#) Credits: 4
- [BIOL 233L - Human Anatomy & Physiology III Lab](#) Credits: 0
Lab is for on-campus students
- [HHP 131 - Professional Careers & Foundations in HHP](#) Credits: 2
- [HHP 312 - Measurement and Evaluation in Physical Activity and Health](#) Credits: 3
- [HHP 350 - Behavior Change Theory](#) Credits: 3

Physical Education & Sport Required Courses: 47 credits

- [EXS 311 - Sport Psychology](#) Credits: 3
- [EXS 321 - Applied Anatomy w/Lab](#) Credits: 4
- [EXS 321L - Applied Anatomy Lab](#) Credits: 0
- [EXS 322 - Biomechanics w/Lab](#) Credits: 4
- [EXS 322L - Biomechanics Lab](#) Credits: 0
- [EXS 323 - Physiology of Exercise w/Lab](#) Credits: 4
- [EXS 323L - Physiology of Exercise Lab](#) Credits: 0
- [EXS 423 - Sport Skill Analysis \(Capstone\)](#) Credits: 3
- [EXS 440 - Motor Development](#) Credits: 3
- [EXS 444 - Adapted Physical Activity](#) Credits: 3
- [EXS 453 - Motor Learning and Control w/Lab](#) Credits: 4
- [EXS 453L - Motor Learning & Control Lab](#) Credits: 0
- [PES 270 - History, Philosophy and Ethics of Sport](#) Credits: 3
- [PES 294 - Teaching Team Sports](#) Credits: 3
- [PES 359 - Prevention and Care of Athletic Injury](#) Credits: 3
- [PES 394 - Teach Games/Dance/Gymnastics](#) Credits: 3
- [PES 470 - Sport Management](#) Credits: 3
- [PES 494 - Teaching Individual Lifetime Sports](#) Credits: 3

Select at least 1 credit from the following courses

- [CH 252 - First Aid & Safety](#) Credits: 3
- [PES 364 - Scientific Basis of Coaching Youth Sports](#) Credits: 3

Total credits required for major: 67

Last EPCC update - January 2022

[Previous EPCC Checksheet \(March 2020 update\)](#) this checksheet is for summer 2020-spring 2022

[Previous EPCC Checksheet \(March 2019 update\)](#) this checksheet is for summer 2019-spring 2020

Four Year Plan

[HHP-Physical Education and Sport Typical Four Year Curriculum](#)

Health And Human Performance w/Nature And Outdoor Recreation Programming Concentration

Complete all [institutional graduation requirements](#).

Health and Human Performance w/Nature And Outdoor Recreation Programming Concentration requires a minimum of 64 credits to complete the major. A grade of “C-” or better is required for each course counting towards the major and a cumulative GPA of 2.00 is required for completion of the major. S/U courses may not be elected for program requirements.

Available both on-campus and online **with a two week summer residency requirement**. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

Program recommended general education courses;

SSC: PSY 201, 202; SOC 204; ANTH 201

SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203, A statistics course - PSY 327; STAT 243

GTW: WR 121, LIB 127

*Transfer students with 90 credits or more satisfy the requirement for **HHP 131** Professional Careers and Foundations in HHP

Health and Human Performance Core Required Courses: 20 credits

- [BIOL 231 - Human Anatomy & Physiology I w/Lab](#) Credits: 4
- [BIOL 231L - Human Anatomy/Physiology I Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 232 - Human Anatomy & Physiology II w/Lab](#) Credits: 4
- [BIOL 232L - Human Anatomy/Physiology II Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 233 - Human Anatomy & Physiology III w/Lab](#) Credits: 4
- [BIOL 233L - Human Anatomy & Physiology III Lab](#) Credits: 0
Lab is for on-campus students
- [HHP 131 - Professional Careers & Foundations in HHP](#) Credits: 2
- [HHP 312 - Measurement and Evaluation in Physical Activity and Health](#) Credits: 3
- [HHP 350 - Behavior Change Theory](#) Credits: 3

Nature And Outdoor Recreation Programming Required Courses: 39 credits

- [CH 198 - Outdoor Act/Lifetime Wellness](#) Credits: 3
- [OUT 201 - Intro to Outdoor Recreation Management](#) Credits: 3
- [OUT 221 - Wilderness Survival](#) Credits: 3
- [OUT 352 - Wilderness First Responder](#) Credits: 3
- [OUT 360 - Rewilding - Nature and Health](#) Credits: 3
- [EXS 333 - Environmental Exercise Physiology](#) Credits: 3
- [OUT 409 - Internship in Outdoor Recreation and Leadership](#) Credits: 3
- [CH 412 - Program Planning](#) Credits: 3
- [CH 413 - Health Promotion Program Evaluation \(Capstone\)](#) Credits: 3
- [OUT 415 - Outdoor Leadership](#) Credits: 3
- [OUT 422 - Expedition Planning and Leadership](#) Credits: 3
- [OUT 430 - Outdoor Adventure Leadership and Training \(Capstone\)](#) Credits: 6

Electives: 5 credits

Complete 5 credit hours from the following courses

- [COM 211 - Small Group Communication](#) Credits: 4
- [OUT 220 - Avalanche Fundamentals: Processes and Leadership](#) Credits: 2
- [CH 225 - General Nutrition](#) Credits: 3
- [CH 298 - Lifetime Fitness](#) Credits: 3
- [BA 321 - Principles of Management](#) Credits: 4
- [CH 351 - Intro to Community Health](#) Credits: 3
- [CH 352 - Cultural Competence in Health Education and Health Promotion](#) Credits: 4
- [OUT 385 - Recreation Management and Entrepreneurship](#) Credits: 3
- [EXS 452 - Physical Activity in Disease Prevention](#) Credits: 3
- [HHP 496 - Capstone](#) Credits: 2-5
- [OUT 499 - Summer Outdoor Recreation Internship](#) Credits: 1-15

Total credits required for major: 64

Last EPCC update - January 2022

[Previous EPCC Checksheet \(March 2021 update\)](#) this checksheet is for summer 2021-spring 2022
EPCC update March 2021 *Concentration name change from Outdoor Recreation Programming*

[Previous EPCC Checksheet \(March 2020 update\)](#) this checksheet is for summer 2020-spring 2021

[Previous EPCC Checksheet \(March 2019 update\)](#) this checksheet is for summer 2019-spring 2020

Four Year Plan

[HHP-Nature and Outdoor Recreation Programming Typical Four Year Curriculum](#)

Health and Human Performance w/Community Health Concentration

Complete all [institutional graduation requirements](#).

Health and Human Performance w/Community Health Concentration requires a minimum of 62 credits to complete the major. A grade of “C-” or better is required for each course counting towards the major and a cumulative GPA of 2.00 is required for completion of the major. S/U courses may not be elected for program requirements.

Available both on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

Program recommended general education courses;

SSC: PSY 201, 202; SOC 204; ANTH 201

SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203, A statistics course - PSY 327; STAT 243

GTW: WR 121, LIB 127

*Transfer students with 90 credits or more satisfy the requirement for **HHP 131** Professional Careers and Foundations in HHP

Health and Human Performance Core Required Courses: 20 credits

- [BIOL 231 - Human Anatomy & Physiology I w/Lab](#) Credits: 4
- [BIOL 231L - Human Anatomy/Physiology I Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 232 - Human Anatomy & Physiology II w/Lab](#) Credits: 4
- [BIOL 232L - Human Anatomy/Physiology II Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 233 - Human Anatomy & Physiology III w/Lab](#) Credits: 4
- [BIOL 233L - Human Anatomy & Physiology III Lab](#) Credits: 0
Lab is for on-campus students
- [HHP 131 - Professional Careers & Foundations in HHP](#) Credits: 2
- [HHP 312 - Measurement and Evaluation in Physical Activity and Health](#) Credits: 3
- [HHP 350 - Behavior Change Theory](#) Credits: 3

Community Health Required Courses: 32 credits

- [CH 225 - General Nutrition](#) Credits: 3
- [CH 250 - Personal Health and Wellness](#) Credits: 3
- [CH 298 - Lifetime Fitness](#) Credits: 3
- [CH 317 - Global Health](#) Credits: 3
- [CH 351 - Intro to Community Health](#) Credits: 3
- [CH 352 - Cultural Competence in Health Education and Health Promotion](#) Credits: 4
- [CH 380 - Legal and Ethical Issues in Health Education and Promotion](#) Credits: 4
- [CH 412 - Program Planning](#) Credits: 3
- [CH 413 - Health Promotion Program Evaluation \(Capstone\)](#) Credits: 3
- [EXS 452 - Physical Activity in Disease Prevention](#) Credits: 3

Community Health Elective Courses: 10 credits

Complete at least 10 credits from the following courses

- [CH 198 - Outdoor Act/Lifetime Wellness](#) Credits: 3
- [PSY 231 - Human Sexuality*SSC](#) Credits: 3
- [EXS 323 - Physiology of Exercise w/Lab](#) Credits: 4

- [EXS 323L - Physiology of Exercise Lab](#) Credits: 0
- [CH 334 - Female Development in Adolescence](#) Credits: 4
- [CH 335 - Male Development in Adolescence](#) Credits: 4
- [OUT 360 - Rewilding - Nature and Health](#) Credits: 3
- [CH 422 - Gerontology and Healthy Activities](#) Credits: 2
- [CH 423 - Aging & Society](#) Credits: 3
- [CH 431 - Alcohol & Drugs: Prevention](#) Credits: 4
- [CH 432 - Substance Abuse & Family Relations](#) Credits: 4
- [CH 433 - Alcohol & Drugs: Use/ Misuse/ Addiction](#) Credits: 4
- [EXS 444 - Adapted Physical Activity](#) Credits: 3
- [HHP 496 - Capstone](#) Credits: 2-5

Total credits required for major: 62

Last EPCC update - January 2022

[Previous EPCC Checksheet \(March 2020 update\)](#) this checksheet is for summer 2020-spring 2022

[Previous EPCC Checksheet \(March 2019 update\)](#) this checksheet is for summer 2019-spring 2020

Four Year Plan

[HHP-Community Health Typical Four Year Curriculum](#)

Health and Human Performance w/Exercise Science Concentration

Complete all [institutional graduation requirements](#).

Health and Human Performance w/Exercise Science Concentration requires a minimum of 64 credits to complete the major. A grade of "C-" or better is required for each course counting towards the major and a cumulative GPA of 2.00 is required for completion of the major. S/U courses may not be elected for program requirements.

- Students must show competency (certification) in First Aid and CPR

Available both on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

Program recommended general education courses;

SSC: PSY 201, 202; SOC 204; ANTH 201

SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203

GTW: WR 121, LIB 127

*Transfer students with 90 credits or more satisfy the requirement for **HHP 131** Professional Careers and Foundations in HHP

Health and Human Performance Core Required Courses: 20 credits

- [BIOL 231 - Human Anatomy & Physiology I w/Lab](#) Credits: 4
- [BIOL 231L - Human Anatomy/Physiology I Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 232 - Human Anatomy & Physiology II w/Lab](#) Credits: 4
- [BIOL 232L - Human Anatomy/Physiology II Lab](#) Credits: 0
Lab is for on-campus students
- [BIOL 233 - Human Anatomy & Physiology III w/Lab](#) Credits: 4
- [BIOL 233L - Human Anatomy & Physiology III Lab](#) Credits: 0
Lab is for on-campus students
- [HHP 131 - Professional Careers & Foundations in HHP](#) Credits: 2
- [HHP 312 - Measurement and Evaluation in Physical Activity and Health](#) Credits: 3
- [HHP 350 - Behavior Change Theory](#) Credits: 3

Exercise Science Required Courses: 44 credits

Statistics Requirement

Choose one of the following 5 credit statistics options

Option 1

- [STAT 327 - Statistics & Experimental Design*SMI](#) Credits: 5

Option 2

- [STAT 243 - Elementary Statistics*SMI](#) Credits: 4
Online students complete [STAT 243A](#) and [STAT 243B](#) in lieu of [STAT 243](#)
- [STAT 244 - Correlation & Regression](#) Credits: 1

Kinesiology Requirement

Complete the following 11 credits

- [EXS 321 - Applied Anatomy w/Lab](#) Credits: 4

- [EXS 321L - Applied Anatomy Lab](#) Credits: 0
Lab is for on-campus students
- [EXS 322 - Biomechanics w/Lab](#) Credits: 4
- [EXS 322L - Biomechanics Lab](#) Credits: 0
Lab is for on-campus students
- [EXS 423 - Sport Skill Analysis \(Capstone\)](#) Credits: 3

Exercise Physiology Bundle

Complete the following 15 credits

- [EXS 323 - Physiology of Exercise w/Lab](#) Credits: 4
- [EXS 323L - Physiology of Exercise Lab](#) Credits: 0
Lab is for on-campus students
- [CH 325 - Nutrition & Sport Performance](#) Credits: 4
- [EXS 451 - Physiology of Exercise II W/Lab](#) Credits: 4
- [EXS 451L - Physiology of Exercise II Lab](#) Credits: 0
Lab is for on-campus students
- [EXS 452 - Physical Activity in Disease Prevention](#) Credits: 3

Neurophysiology Bundle

Complete the following 10 credits

- [EXS 453 - Motor Learning and Control w/Lab](#) Credits: 4
- [EXS 453L - Motor Learning & Control Lab](#) Credits: 0
Lab is for on-campus students
- [EXS 311 - Sport Psychology](#) Credits: 3
- [EXS 455 - Applied Exercise Programming \(Capstone\)](#) Credits: 3

Elective

Select one of the following 3 credit courses

- [CH 351 - Intro to Community Health](#) Credits: 3
- [EXS 333 - Environmental Exercise Physiology](#) Credits: 3
- [HHP 496 - Capstone](#) Credits: 2-5

Total credits required for major: 64

Last EPCC update - Jan 2022

[Previous EPCC Checksheet \(March 2020 update\)](#) this checksheet is for summer 2020-spring 2022

[Previous EPCC Checksheet \(March 2019 update\)](#) this checksheet is for summer 2019-spring 2020

Four Year Plan

[HHP-Exercise Science Typical Four Year Curriculum](#)
