APPLIED HEALTH AND FITNESS

Required Courses (50 credits)

- PHE 250 Our Community, Our Health
- PHE 270 Basic Biomechanics (2 credits)
- BI 301 Anatomy & Physiology I
- BI 302 Anatomy & Physiology II
- PHE 314 Research in Fitness
- PHE 325 Nutrition for Health
- PHE 361 Care and Prevention of Injuries
- PHE 363 Communicable & Chronic Disease
- PHE 370 Kinesiology
- PHE 473 Exercise Physiology
- PHE 474 Exercise Prescription
- PHE 475 Exercise Testing
- PHE 404 Internship (4 credits, 120 hours)

1 prerequisite: expected preparation one year of college biological science
2 prerequisite BI 301; 3 prerequisite PHE 270; 4 prerequisite PHE 473; 5 prerequisite PHE 473 and 474

In addition to the required courses above, complete ONE FOCUS AREA:

<table>
<thead>
<tr>
<th>FITNESS &amp; EXERCISE (26 credits)</th>
<th>FITNESS for SPECIAL POPULATIONS (28 credits)</th>
<th>HEALTH COACHING (28 credits)</th>
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<tbody>
<tr>
<td>PHE 421 Health Coaching Strategies (4 credits)</td>
<td>PHE 295 Health Promotion (4 credits)</td>
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<tr>
<td>PHE 456 Health Aspects of Aging (4 credits)</td>
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<td>COMM 218 Interpersonal Communication (4 credits)</td>
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<tr>
<td>Business course approved by advisor (4 credits)</td>
<td>PHE 417 Adapted PE (4 credits)</td>
<td>PHE 275 Stress Management (4 credits)</td>
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<td>PE activity courses (3 credits total)</td>
<td>PE 193 Fitness Instruction Adapted PE (2 credits)</td>
<td>PHE 421 Health Coaching Strategies (4 credits)</td>
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<tr>
<td>PE 194 Fitness Instruction Personal Training (2 credits)</td>
<td>PE activity courses (2 credits total)</td>
<td>PHE 466 Mind/Body Health (4 credits)</td>
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<tr>
<td>PHE or approved electives (8 credits)</td>
<td>PHE 340 Motor Learning (4 credits)</td>
<td>PHE or approved electives (8 credits)</td>
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<tr>
<td>Students wanting to earn a PE teaching endorsement for Secondary Education need to take the classes listed below***</td>
<td>PHE or approved electives (8 credits)</td>
<td></td>
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***PE Teacher: PHE 417 Adapted PE, PHE 340 Motor Learning (these courses can count toward the 8 PHE electives)

Total credits for required coursework: 76-78
UNIVERSITY STUDIES
http://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/Major 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
____________________
___________U
___________U
______U

CAPSTONE (6 credits)
UNST 421 ____________

BACHELOR OF SCIENCE
Science (12 credits, 8 must have a lab)
_________________   ______________Lab
_________________   ______________Lab
_________________

Arts and/or Social Science (12 credits)
____________________
____________________
____________________

Math (4 credits)
___________

BACHELOR OF ARTS
Arts and Letters (12 credits, 4 must be Fine & Performing Arts)
____________________
____________________
____________________

Social Science (8 credits)
____________________
____________________

Math or Science (4 credits)
___________

Foreign Language
(203 or higher, 4 credits)
____________________

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