



APPLIED HEALTH AND FITNESS

Required Courses (50 credits)

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| <input type="checkbox"/> PHE 250 Our Community, Our Health | <input type="checkbox"/> PHE 363 Communicable & Chronic Disease |
| <input type="checkbox"/> PHE 270 Basic Biomechanics (2 credits) | <input type="checkbox"/> PHE 370 Kinesiology 3 |
| <input type="checkbox"/> BI 301 Anatomy & Physiology I 1 | <input type="checkbox"/> PHE 473 Exercise Physiology 2 |
| <input type="checkbox"/> BI 302 Anatomy & Physiology II 2 | <input type="checkbox"/> PHE 474 Exercise Prescription 4 |
| <input type="checkbox"/> PHE 314 Research in Fitness | <input type="checkbox"/> PHE 475 Exercise Testing 5 |
| <input type="checkbox"/> PHE 325 Nutrition for Health | <input type="checkbox"/> PHE 404 Internship (4 credits, 120 hours) |
| <input type="checkbox"/> PHE 361 Care and Prevention of Injuries | |

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:

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

*****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

Must have 180 credits to graduate of which 72 must be upper division.

C- or higher is required for all coursework in the major.

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