

Associate of Science Degree- Rogue Community College Articulated with the Health and Exercise Science program at Southern Oregon University

Revised Fall 2022

This agreement is in effect until revised or terminated by either RCC or SOU

About the Program

The Associate of Science (AS) has been developed with the cooperation and support of Southern Oregon University (SOU). The degree is fully articulated with SOU's Health and Exercise Science (HEX) program and allows students to transfer directly as juniors and to become admitted into the HEX program at SOU with no loss of credits to pursue a bachelor's degree. The program offers an excellent balance of health, PE, and general education courses that support advanced study in the field of Health and Exercise Science.

Students should contact the SOU HEX program early in their first year of the RCC AS program to be advised about additional requirements and procedures for admission to the SOU program.

Students should be aware if they transfer before completing this degree, their courses will be evaluated individually toward the general education requirements in effect at SOU.

Entry Requirements

Students may be required to take SOU placement test to determine skill level and readiness indicated by test scores. As part of their training program, students must begin with the courses within their skill levels as determined by placement test scores. In addition, students may also be required to enroll in classes that would increase their employability and success.

Note: Students who graduated from high school or completed a high school equivalency program in 1997 or after must have the following requirement for admission to a four-year Oregon state college or university: 1) two years of the same high school-level language, or 2) two terms of college-level language with a grade of "C-" or better (may be first-year language which can be used as elective credits). Students planning to complete a Bachelor of Arts (BA) degree at a four-year school will be required to complete the equivalent of one year of study of a foreign language at the second-year level (or above) before graduation

Advanced Standing

Coursework from regionally accredited colleges and universities will be accepted in accordance with SOU policies. A maximum of 24 "professional/technical" credits are transferrable to SOU and will be counted as elective credit. Students must complete WR 121, WR 122, and the Speech course chosen to meet the SOU Oral Communication requirement with a C or better.

Graduation Requirements

The Associate of Science degree will be awarded by RCC to students who complete all credits in this program with a grade of "C" or better. Some required courses may be graded on a pass/no pass basis. A grade of "P" for these courses indicated a student earned a "C" or better grade

Courses to take at RCC to satisfy SOU's Lower Division General Education Requirements

Writing and Oral Communication 12 credits

WR 121 English Composition I 4 credits

WR 122 English Composition II 4 credits or

WR 227 Technical Writing 4 credits

Choose one of the following:

COMM 111 Fundamentals of Public Speaking 4 credits

COMM 218 Interpersonal Communication 4 credits

COMM 225 Small Group Communication and Problem Solving 4 credits

Mathematics 4 credits

Math 243 Probability and Statistics

This course is required for the RCC degree and will satisfy the SOU GE Math requirement

Note: The Bachelor of Science degree requires two courses (7 or more credits) of math, designated programming, statistics, or logic courses. The science courses may be completed at RCC or at SOU.

Humanities 19-12 credits

Three approved courses for the [SOU General Education Transfer Guide](#) 9-12 credits

The Bachelor of Arts (BA) degree requires completion of 1 year of the same foreign language at 2nd year level or above, or 4 years of the same foreign language in high school (C- or better), or successful completion of a proficiency exam. Second year foreign language may simultaneously count for Humanities and the BA requirements.

10 credits

Social Science 9-12 credits

The following course are required for the RCC AS degree and will satisfy SOU's GE Social Science

HE 250 Personal Health 3 credits

HPE 295 Health and Fitness for Life 3 credits

Once additional social science approved course from the [SOU General Education Transfer Guide](#) 3-4 credits

Science 12 credits

The RCC AS degree requires BI 211/L General Biology I with Lab at 4 credits as well as BI 212/L General Biology I at 4 credits and BI 231/L Anatomy & Physiology I at 4 credits.

These will serve to satisfy the SOU lower division general education science requirement.

Total General Education Credit 47-52

Core Courses

AH 100 Medical Terminology 3 credits

BI 232/L Anatomy & Physiology II (with lab) 4 credits

BI 233/L Anatomy & Physiology III (with lab) 4 credits

PE 185 Physical Education 4 credits

HE 131 Introduction to Exercise and Sports Science 3

HE 208 HIV and Other Epidemics 1 credit

HE 252 First Aid/CPR 3 credits

HE 259 Care and Prevention of Athletic Injury 3 credits

PE 280 Coop Work Experience 2 credits

NFM 225 Nutrition 4 credits

This course will transfer to SOU to satisfy the program requirement of HE 325 but the credits will not apply to the 60 upper division credits needed to earn a bachelor's degree at SOU. The credits will apply to the overall 180 credits needed to earn a BA or BS degree at SOU.

Approved Electives 7 credits

PE 185 Physical Education 3 credits

Note: The RCC AS degree requires 4 PE 185 credits. Students can take additional 3 credits as electives.

HE 253 Wilderness First Aid 3 credits

HE 145 Stress Management – Healthy Living 1 credit

Other elective courses as needed to meet credit requirements for the AS degree. The minimum is 90 credits please work with RCC advisor.

Other required courses to be taken at RCC to complete the AS degree

LIB 127 Intro Academic Research 1 credit

Total Program Credits 90-95

Faculty Contact and Program Information

RCC

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[RCC Health, Physical Education, and Recreation](#)

SOU

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