

Associate of Science Degree (RCC)

Articulated with the Bachelor of Science or Arts in Health and Exercise Science at (SOU)

AY 2024/25

Valid until revised or terminated by RCC or SOU

About the Program

The Associate of Science (AS) degree 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 with no loss of credits to pursue a bachelor's degree.

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

Students should be aware that 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 are required to take the college 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.

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 Southern Oregon 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. Upon applying to SOU students will need to send SOU Admissions an official high school or college transcript that shows you have met this requirement. If the requirement is not met at the time of applying to SOU, you will need to work with SOU Academic Advising to help you with options on how to fulfill the requirement before graduation.

Advanced Standing

Coursework from accredited colleges and universities will be accepted in accordance with college policies. A maximum of 24 "Professional/Technical" credits are transferable to SOU, and will be counted as elective credit. To ensure coursework is current, program courses over 5 years old must be reviewed and approved by the appropriate department head before being accepted toward course 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. Some required courses may be graded on a pass/no pass basis. A grade of “P” for these courses indicates a student earned a “C” or better grade.

Choose one of the following ways to complete SOU’s lower division general education Capacity requirements.

1. Complete the requirements for the Oregon Transfer Module at RCC.
2. Complete the AAOT or ASOT requirements at RCC.
3. Work closely with an academic advisor to complete courses at RCC that will meet the SOU lower division general education Capacity requirements.

A guide to completing the SOU Lower Division General Education Capacities with RCC courses

Purposeful Learning Requirement 12 credits:

This can be met by transferring WR 121Z, WR 122Z and WR 227 together or

WR 121Z, WR122Z and one of the following COMM courses:

COMM 111Z Public Speaking

COMM 218Z Interpersonal Communication

COMM 225 Small Group Communication and Problem Solving

The following Lower Division General Education Capacities may be met with courses required for the AS degree. Be mindful when choosing courses to meet the Capacities that are not met by required courses for the AS. **Subject codes cannot be repeated.** The subject code is the one assigned once the course transfers to SOU regardless what subject code was assigned at RCC. Work closely with your advisor to find the courses that best fit your path.

Communication and Expression 1 course 3-4 credits

Take 1 course that is approved for Communication & Expression from the [SOU transfer guide](#)

Creativity and Innovation 1 course 3-4 credits

Take 1 course that is approved for Creativity and Innovation from the [SOU transfer guide](#)

Inquiry and Analysis 1 course 3-4 credits

Take 1 course that is approved for the Inquiry & Analysis from the [SOU transfer guide](#).

Numerical Literacy 4 credits

STAT 243Z - Elementary Statistics I 4 Credits is required for the RCC AS degree and will meet this requirement.

Equity Diversity and Inclusion 1 course 3-4 credits

Take 1 course that is approved for Equity, Diversity & Inclusion from the [SOU transfer guide](#).

28-32 credits LDGE

Core courses required to earn the AS degree at RCC

40-43 credits

Courses marked with an asterisk can also be used to meet SOU Lower division General Education

AH 100 Medical Terminology 3 Credits
 BI 211 General Biology I 3 Credits
 BI 211L General Biology I Lab 1 Credit
 BI 231 Anatomy and Physiology I 3 Credits
 BI 231L Anatomy and Physiology I Lab 1 Credit
 BI 232 Anatomy and Physiology II 3 Credits
 BI 232L Anatomy and Physiology II Lab 1 Credit
 BI 233 Anatomy and Physiology III 3 Credits
 BI 233L Anatomy and Physiology III Lab 1 Credit
 HE 131 Intro to Exercise and Sport Science 3 Credits
 HE 208 HIV and Infectious Diseases 1 Credit
 HE 250 Personal Health 3 Credits
 HE 252 First Aid - CPR 3 Credits
 HE 259 Athletic Injury Care and Prevention 3 Credits
 HPE 295 Health and Fitness for Life 3 Credits
 NFM 225 Nutrition 4 Credits
 PE 280 CWE Physical Education Variable credit 1-3

*COMM 225 Small Group Communication 4 Credits or COMM 111Z or COMM 218Z

*STAT 243Z Elementary Statistics I 4 Credits

*WR 121Z Composition I 4 Credits

*WR 122Z Composition II 4 Credits

Approved Electives 16 credits

PE 185 Physical Education 8 credits courses may vary, work with an RCC academic advisor.

HE 253 - Wilderness First Aid 3 Credits

OAL 250 - Outdoor Adventure and Leadership 3 Credits

HE 145 - Stress Management - Healthy Living 1 Credit or HE 199 or approved program elective

PE 185MA - Mountaineering Adventure 1 Credit

Other Required courses to complete the AS degree requirements

Humanities 3 courses 9-12 credits

Social Science 1 course 3-4 credits

Note: Courses in the RCC approved Humanities list and Social Science lists may also meet SOU Lower Division General Education Capacities. Work with an academic advisor to choose the best courses.

Other elective courses as needed to meet credit requirements for the AS degree. Work with an RCC advisor to meet the 90 credits required to earn the AS degree at RCC.

Contact Information:[RCC](#)

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