



EOU Mountaineer Advantage Program

Health and Human Performance MAP

ONLINE &
ON CAMPUS
DEGREE

High School 2.0 courses or dual credit from EOU or Community College:

- CH 250 (HS Diploma Additional Credits 5.0)
- HHP 131 (HS Diploma Additional Credits 5.0)
- MATH 111Z (Community College)
- Spanish 107, 108, 109 * AEH Gen Ed (HS Diploma requirements 2nd Language)
- CH 298 Lifetime Fitness (HS Diploma Additional Credits 5.0)
- WR 121Z (Community College) GTW Gen Ed

All courses do not need to be taken but make sure you have taken the courses that will be needed for prerequisites to future coursework. *Currently available for dual credit at participating high schools.

EOU coursework taken on campus or online directly while still in High School!

- CH 225 General Nutrition
- PSY 201 Psychology 201 SSC Gen Ed
- ANTH 201 Intro Archaeology SSC Gen Ed

**UP to 45 Credits
towards your Degree**

**Up to \$12,500 Savings on the
first year of college tuition.**

EOU Major Checklist 100-200 Courses

Satisfies General Education Requirements.

- BIO 231/231L Human Anatomy w/Lab SMI Gen
- BIO 232/232L Human Anatomy w/Lab SMI Gen
- BIO 233/233L Human Anatomy w/Lab SMI Gen
- HHP 131 Professional Careers & Foundations
- CH 225 General Nutrition
- CH 250 Personal Health & Wellness
- CH 298 Lifetime Fitness
- PSY 231 Human Sexuality SSC Gen Ed

- SPAN 107 Satisfies AEH Gen Education Credit
- SPAN 108 Satisfies AEH Gen Education Credit
- SPAN 109 Satisfies AEH Gen Education Credit
- WR 121Z Satisfies College Level Writing Req.
Gen Ed GTW
- MATH 111Z College Level Math Requirement

Complete all Institutional Graduation Requirements (Including University Writing Requirement, Diversity Requirement, General Education Requirement, etc.) as provided at <http://www.eou.edu/registrar>.



**Health and Human
Performance
concentrations**

1. **What does HS Diploma requirement mean?** The Essential Skills that students should be developing throughout grades K- 12. The requirements come from the state of Oregon and your district may have additional requirements.
2. **What is a pre-requisite?** A pre-requisite needs to be taken and passed before the class stated can be attempted.
3. **On Campus or Online?** If you see on campus on the MAP you will be able to take the course on the EOU campus. If you see online, no matter where you are you will be able to take the course online specifically from Eastern Oregon University.
4. **The middle list of courses; how are they different?** The middle courses are courses that you can take directly at our campus or online from EOU. This will allow a student to take classes while still in high school so they still have as much of the home and school support they are used to with additional academic supports from Eastern.
5. **When I see OR what does it mean?** Make sure that you pay attention to the **OR** if you see it. That means you have some choices to make. You will not need to take both courses or both locations. Complete which one fits your goals best.
6. **Major Checklist 100-200?** While you most likely will still need other general education requirements, this will give you an idea of what is expected in your specific major.
7. **What is a UWR?** If you see the letters UWR it is a University Writing Requirement. Each field has them in their major. Plan on a lot of writing in the course.
8. **What does satisfies SMI or AEH Gen Education Credit mean?** The General Education Core (GEC) provides opportunities for students to become reflective, responsible citizens who see multiple points of view. The 60 credit GEC curriculum serves the diverse student body of Eastern Oregon University by helping students to integrate into university life and challenging them to become critical, creative thinkers and engaged, knowledgeable citizens, open to new ways of looking at the world. The SMI, SSC, AEH, APC, and GTW are categories in the general education expectations. If you see them on your MAP that means that the course would count toward a General Education class that you already need no matter what major you are choosing.
9. **What is a college level requirement?** Each student is required to pass first-year writing courses. This course is WR 121 at EOU. College level math can be through multiple 100 and 200 level courses such as MATH 105, MATH 111, (for educators MATH 211, 212, 213) or Stats 243 or (243a and 243b for online). Pay attention to what your major needs you to complete.