



Fast Track Transfer

Physical Activity & Health

Transfer MHCC credit to an on-campus or online *Physical Activity & Health Bachelor of Science* at EOU. **MHCC transfer students with an AAOT or ASOT and a 2.25 GPA are automatically admitted to EOU.** Adhere to program advising and current EOU Catalog to graduate in as little as 2 years! (eou.edu/catalog)



Mt. Hood Community College Requirements:

- Complete an AAOT or ASOT Degree
- Build these courses into your degree plan at MHCC:
BI 231 Human Anatomy & Physiology I BI 232 Human Anatomy & Physiology II
BI 233 Human Anatomy & Physiology III PE 131 Intro to Physical Education
HPE 172 Exercise Science
- Optional courses at MHCC that apply to certain PAH concentrations:
FN 225 Nutrition HPE 295 Health & Fitness for Life
HE 252 First Aid PSY 231 Human Sexuality



Eastern Oregon University Requirements:

- 180 quarter credit minimum to complete a bachelor's degree, 45 credits from EOU
- Minimum of 60 quarter credits upper-division coursework
- Complete these Physical Activity & Health core courses:
PES 270 History, Phil & Ethics of Sport HWS 350 Behavior Change Theory
EXS 312 Measurement & Evaluation EXS 323 Exercise Physiology
PES 495 Capstone Seminar PES 496 Capstone Course
- Complete a 30-40 quarter credit concentration* in either Community Health, Exercise Science or Physical Education & Sport.

*See program check sheets for individual concentration courses at eou.edu/academics

For More Information @ EOU

Online Program:

- Andrea Williams, EOU Gresham/PDX
503.491.7248
apwilliams@eou.edu

On Campus Program:

- Kelly Rice, Faculty Advisor
541.962.3413
krice@eou.edu

\$\$ Transfer Scholarship \$\$

\$500 - \$2000 awards*
2.5 min. GPA w/30+ quarter credits
Year-round, renewable, simple!
Add'1 \$500 w/Associate Degree!

*EFC/GPA matrix

Careers

Health Education, Public Health,
Corporate Wellness, Coaching,
Clinical Exercise, Personal
Trainer, Inclusive Fitness,
Pre-Professional School
Preparation

Application Deadlines Fall – September 1 Winter – December 1 Spring – March 1 Summer – June 1

Check the current EOU Catalog for more information on all degree programs: eou.edu/catalog