



## Fast Track Transfer

### Physical Activity & Health

Transfer PCC credit to an on-campus or online *Physical Activity & Health Bachelor of Science* at EOU. **PCC 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](http://eou.edu/catalog))



#### Portland Community College Requirements:

- Complete an AAOT or ASOT Degree
- Build these courses into your degree plan at PCC:  
BI 231 Human Anatomy & Physiology I                      BI 232 Human Anatomy & Physiology II  
BI 233 Human Anatomy & Physiology III                      CG 130H Intro Today's Careers: Health
- Optional courses at PCC that apply to certain PAH concentrations:  
FT 103 Nutrition for Fitness/FN 225 Nutrition                      PSY 215 Human Developmental  
HE 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](http://eou.edu/academics)

### For More Information @ EOU

#### **Online Program:**

- Andrea P. Williams, EOU Portland  
503.491.7248  
[apwilliams@eou.edu](mailto:apwilliams@eou.edu)

#### **On Campus Program:**

- Kelly Rice, Faculty Advisor  
541.962.3413  
[krice@eou.edu](mailto:krice@eou.edu)

#### **\$\$ Transfer Scholarship \$\$**

\$500 - \$2000 awards\*

2.5 min. GPA w/30+ quarter credits

Year-round, renewable, simple!

**Add'l \$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](http://eou.edu/catalog)