

# AAOT FLIGHTPATH IN EXERCISE SCIENCE

## Program Description

For students who want an AAOT with a focus in Exercise Science, this Flightpath in Exercise Science is the recommended path for these students to follow by Umpqua Community College.

The Associate of Arts Oregon Transfer (AAOT) degree was created in the late 1980s, through collaboration between Oregon community college faculty and Oregon public university faculty, to reduce bureaucratic obstacles for students transferring from an Oregon community college to a public university in Oregon. Local variation in the requirements to earn AAOT degrees at different community colleges was not a problem because all of the degrees transferred smoothly to the universities. Increasingly, however, the degree has been used by students transferring among community colleges and, in these cases, distinctive requirements sometimes reduced transferability. Recognizing the fundamental purpose of the degree, community colleges agreed in 2008 to standardize their AAOT degree requirements so as to maximize the efficient transfer of credit for students. Community colleges will maintain lists of courses which fulfill the requirements of the revised, freely-transferable degree below. Beyond the requirements listed, past experience suggests the utility of some additional explanation of what the degree can and cannot provide. Students and advisors should be aware of the opportunities created by the AAOT, but should also be mindful of its limitations, as summarized in the explanatory notes that follow the description of the degree itself.

Any student having the Associate of Arts Oregon Transfer (AAOT) degree recognized on an official college transcript will have met the lower division General Education requirements of baccalaureate degree programs of any public university in Oregon.

### Program Course Recommendations

Course	Title	Credits
<b>First Year</b>		
<b>First Term</b>		
BI 211	Principles of Biology <sup>1</sup>	5
CH 104	Intro to Chemistry I <sup>1</sup>	4
FYE 101 or FYE 100	College Success for Athletes or College Success	2-4
HPE 295	Wellness-Hlth Assess	3
HST 201	History of United States I <sup>4</sup>	3
<b>Credits</b>		<b>17-19</b>
<b>Second Term</b>		
BI 212	Principles of Biology <sup>1</sup>	5
HPE 131	Intro to HPE	3
SOC 204	Intro to Sociology <sup>4</sup>	3
WR 121Z	Composition I	4
<b>Credits</b>		<b>15</b>
<b>Third Term</b>		
BI 213	Principles of Biology <sup>1</sup>	5
HE 252	First Aid	3
MTH 105Z	Math in Society (or higher)	4
WR 122Z or WR 227Z	Composition II or Technical Writing	4
<b>Credits</b>		<b>16</b>

<b>Second Year</b>		
<b>First Term</b>		
ART 204	History of Western Art I <sup>3</sup>	4
BI 231	Anatomy and Physiology I <sup>2</sup>	4
SOC 208	Sociology of Sport	3
COM 218Z	Interpersonal Communication <sup>3</sup>	4
<b>Credits</b>		<b>15</b>
<b>Second Term</b>		
BI 232	Anatomy and Physiology II <sup>2</sup>	4
FN 225	Human Nutrition <sup>2</sup>	4
COM 111Z	Public Speaking	4
PSY 201Z	Introduction to Psychology I <sup>4</sup>	4
<b>Credits</b>		<b>16</b>
<b>Third Term</b>		
BI 233	Anatomy and Physiology III <sup>2</sup>	4
ART 206	History of Western Art III <sup>3</sup>	4
HPE 184	Prevent Care Athletic Injuries	3
PSY 270	Psychology of Sport <sup>2</sup>	3
SOC 206	Social Problems-Issues <sup>4</sup>	3
<b>Credits</b>		<b>17</b>
<b>Total Minimum Credits</b>		<b>96-98</b>

- <sup>1</sup> these classes may be substituted for any AAOT Science courses, three of which need to be a sequence of science courses with lab
- <sup>2</sup> these classes may be substituted for any elective courses
- <sup>3</sup> these courses may be substituted for any AAOT Arts & Letters course, one must be an approved cultural literacy course
- <sup>4</sup> These courses may be substituted for any AAOT approved Social Science course

## Advising Notes

- Oregon colleges may have different preferences, please meet with your advisor to determine the right path for you.