



CAREER PATHWAYS

Grow here. Learn here. Work here.



Health Sciences: Exercise Science AAOT

Get started in a healthcare career that prepares you for opportunities in exercise science, sports medicine, nutrition, sports psychology, wellness & fitness management, and many others. The program provides students with the knowledge, skills and attitudes to develop and maintain healthy, active and lifelong lifestyles. This is a transfer degree. Employment in this field will require additional education beyond this degree.

CAREER HIGHLIGHTS

JOB TYPES (after additional education):



Athletic Trainer
Exercise Physiologist
Personal Trainer

Fitness and Wellness Coordinator
Group Fitness Instructor

SOURCE: <https://www.onetonline.org>



SALARY RANGE:
\$33,960 to \$62,400 with Bachelor Degree



AVAILABLE PATHWAY:

Associate of Arts Oregon Transfer
91 to 92 credits required
Two years of college coursework

LOCAL INDUSTRY:



Public Schools
College Athletics Department

Gymnasiums
Senior Living Centers

Health Sciences: Exercise Science

RHS

EXERCISE SCIENCE AAOT DEGREE

GRADE 9

Fine Arts I or Photo 1
Spanish I

GRADE 10

Honors Chemistry (CH104)
Fine Arts 2 or Photo 2 (ART101)
Spanish 2

GRADE 11

Honors Biology
AP US History (HST201/202/203)
Writing 121/122 (WR121Z/WR122Z)
Advanced Algebra
Psychology

GRADE 12

AP Government (PS201)
AP Literature (ENG104Z/105Z)
Precalculus (MTH111Z/112Z)
Speech (COM111Z)
Anatomy and Physiology

Graduate from Roseburg High School and enroll at UCC

YEAR 1
FALL

BI211 Principles of Biology
CH014 Intro to Chemistry or CH112
HPE295 Wellness-Health Assess
HST201 History of the United States

WINTER

BI212 principles of Biology
HPE131 Intro to HPE
SOC204 Intro to Sociology
WR121Z Composition I

SPRING

BI213 Principles of Biology
MTH105Z Math in Society +
WR122Z Composition II or WR227Z Tech WR

YEAR 2
FALL

ART204 History of Western Art I
BI231 Anatomy and Physiology
SOC208 Sociology in Sport
COM218Z Interpersonal Communication

WINTER

BI232 Anatomy and Physiology II
FN225 Human Nutrition
COM111Z Public Speaking
PSY201 Introduction to Psychology I

SPRING

BI223 Anatomy and Physiology III
ART206 History of Western Art III
HPE184 Prevent Care Athletic Injuries
PSY270 Psychology of Sport
SOC206 Social Problems-Issues



Exercise
Science AAOT