



# Pierce to PLU

## Bachelor of Arts in Kinesiology (Health & Fitness Promotion) transfer degree plan

In order to complete a kinesiology degree in two years at PLU, we recommend you complete the Associate in Applied Science (AAS-T) in Kinesiology Degree at Pierce. If you earn an AAS-T in Kinesiology from Pierce, you will enter PLU with junior standing.

### At Pierce:

If you plan to major in **Kinesiology** at PLU, your Pierce AAS-T must include the following courses and you must complete **96** transferable credits:

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| BIOL&241: Human Anatomy & Physiology I     | KINS 256: Exercise Physiology                         |
| NUTR&101: Nutrition                        | KINS 257: Client Care & Marketing                     |
| HSCI 210: Wellness                         | KINS 258: Athletic Training & Acute Injury Management |
| HSCI 228: CPR for the Professional Rescuer | KINS 259: Special Populations Care                    |
| KINS 155: Applied Anatomy & Physiology     | KINS 260: Health Appraisal & Fitness Assessment       |
| KINS 250: Kinesiology                      | KINS 262: Internships                                 |
| KINS 252: Nutrition & Exercise             | ENGL&101: English Composition I                       |
| KINS 253: Essentials of Weight Management  | MATH&146: Introduction to Statistics                  |
| KINS 254: Essentials of Fitness Training   | PSYC&100: General Psychology                          |
|  | 2 PE Courses  |

### At PLU:

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
<b>JUNIOR</b>	KINS 277: Foundations of Kinesiology	General Education Requirement	BIOL 206: Anatomy & Physiology II
	KINS 366: Health Psychology		KINS 281: Sport Programming & Delivery
	KINS 384: Fndtn. of Health & Fit. Promotion		KINS 324: Physical Activity & Lifespan
	General Education Requirement		KINS 326: Adapted Physical Activity

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
<b>SENIOR</b>	KINS 478: Motor Lrng. & Hum. Performance	General Education Requirement	KINS 386: Soc. Psyc. of Sport & Phys. Activity
	KINS 495: Internship		KINS 486: Applied Biomechanics & Kin.
	General Elective 300+		KINS 499: Capstone: Senior Seminar
	General Education Requirement		General Education Requirement

[plu.edu/kinesiology](http://plu.edu/kinesiology)

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