



TCC to PLU

Bachelor of Science in Kinesiology (BSK) transfer guide Exercise Science

A completed **Associate of Science (AS-T) Track 1** degree (96 credits) from **Tacoma Community College** will guarantee junior standing upon transfer to Pacific Lutheran University.

At TCC:

The **AS-T Track 1** degree must include the following coursework with a grade of C- or better:

BIOL&221 Intro to Evol., Ecol., Biodiv. CHEM&161 General Chem I w/Lab MATH&151 Calculus I
 BIOL&222 Intro to Cell., Molec. Biol. CHEM&162 General Chem II w/Lab MATH&152 Calculus II
 BIOL&223 Intro to Biol. of Organisms CHEM&163 General Chem III w/Lab MATH&146 Introduction to Statistics
 BIOL&241 Human Anat. & Phys. I PSYC&100 General Psychology
 BIOL&242 Human Anat. & Phys. II 3 PE courses

2 Humanities courses, each from a **different** discipline group (**AR, LT, and/or PH**):

AR: ART&100, 102-103, 105, 106, 110-111, 131-133, 146-147, 150-151, 156-158, 172-174, 201-203, 210, 231, 233, 246-247, 272-275; HUM120, 130-131; MUSC100, &105, 106, 110, &141-143, &241-243; **LT:** ENGL&220, 234, &244-246, 261-262, 265, 271, 280; **PH:** PHIL&101

At PLU:

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
JUNIOR	KINS 380: Exercise Physiology	KINS 383: Exercise Testing and Prescription	KINS 277: Foundations in Kinesiology
	KINS 300+		KINS 324: Physical Activity and Lifespan or KINS 386: Soc. Psych., Sport, Phys. Act.
	General Education Requirement		KINS 483: Clinical Mgmt for Special Pop.
	General Education Requirement		KINS 486: Applied Biomechanics & Kins.
			PHED 100: Personalized Fitness Program

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
SENIOR	KINS 300+	General Elective	KINS 499: Capstone: Senior Seminar
	KINS 478: Motor Learning & Human Perf.		General Education Requirement
	KINS 495: Internship		General Elective 100+
	General Education Requirement		