



# Olympic 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 **Olympic College** will guarantee junior standing upon transfer to Pacific Lutheran University.

### At Olympic:

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

BIOL&211 Majors Cellular	CHEM&141 General Chem I w/Lab	MATH&151 Calculus I
BIOL&212 Majors Animal	CHEM&142 General Chem II w/Lab	MATH&152 Calculus II
BIOL&213 Majors Plant	CHEM&143 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 Physical Education courses	

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

**AR:** ART&100, 102-104, 106-107, 110-111, 117, 125, 206, 210, 225-226, 230-232, 240-242, 266-268; CMST&102; DRMA&101, 251-253; HUMAN201-202, 250, 257; MUSC102, &105, &141-143, &241-243; **LT:** ENGL&111, &113, &220, &226-228, &244-245; **PH:** PHIL&101, 240

### At PLU:

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
<b>JUNIOR</b>	KINS 380: Exercise Physiology	KINS 383: Exercise Testing and Prescription	KINS 277: Foundations in Kinesiology
	KINS 300+		KINS 324: Physical Activity and Lifespan <b>or</b> 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
<b>SENIOR</b>	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		