



Seattle Central 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 **Seattle Central College** will guarantee junior standing upon transfer to Pacific Lutheran University.

At Seattle Central:

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

BIOL&211 Majors: Cellular	CHEM&161 General Chem I w/Lab	MATH&151 Calculus I
BIOL&212 Majors: Animal	CHEM&162 General Chem II w/Lab	MATH&152 Calculus II
BIOL&213 Majors: Plant	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 PEC courses	

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

AR: ART&100, 101, 111-113, 121, 170, 210, 214, 221, 255, 281; CMST&102; MUSC&105, 110, 113, 116-117, &141-143; **LT:** ENGL&111-114, &224-228, &244-246, 252, &254, &256, 258; **PH:** PHIL&101, 110

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		