



Seattle Central to PLU

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

A completed **Associate of Arts (AA-DTA)** degree (96 credits) from **Seattle Central College** will satisfy 12 of 14 general education requirements (the remaining 2 must be met at PLU) and will guarantee junior standing upon transfer to Pacific Lutheran University.

At Seattle Central:

The **AA-DTA*** degree must include the following coursework with a grade of C- or better:

BIOL&241 Human Anat. & Phys. I CHEM&131 Intro to Organic/Biochem PSYC&100 General Psychology

BIOL&242 Human Anat. & Phys. II MATH&146 Introduction to Statistics

*A completed **Associate in Pre-Nursing DTA** with the above courses will also prepare for the **BSK (Exercise Science)** program.

At PLU:

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
JUNIOR	KINS 277: Foundations in Kinesiology	KINS 383: Exercise Testing & Prescription	KINS 483: Clinical Mgmt for Special Pop.
	KINS 380: Exercise Physiology		KINS 486: Applied Biomechanics & Kins.
	KINS 300+		General Education Requirement
	BIOL 225: Molecules, Cells, & Organisms		General Elective

	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
SENIOR	KINS 300+	General Elective	KINS 324: Physical Activity and Lifespan or KINS 386: Soc. Psyc of Sport, Phys. Act.
	KINS 478: Motor Learning & Human Perf.		KINS 499: Capstone: Senior Seminar
	KINS 495: Internship		General Education Requirement
	General Elective		General Elective

This Kinesiology degree plan allows flexibility to add a minor while studying at PLU.