



Pierce to PLU

Bachelor of Arts (BA) in Kinesiology transfer guide Health & Fitness Promotion

A completed **Associate of Science (AAS-T) in Kinesiology** degree (96 credits) from **Pierce College** will guarantee junior standing upon transfer to Pacific Lutheran University.

At Pierce:

The **AAS-T** degree **must include** the following coursework of C- or better and a minimum cumulative GPA of at least 2.5.

KINS110 Introduction to Personal Wellness	KINS256 Exercise Physiology	BIOL&241 Human Anat. & Phys. I
KINS128 CPR for the Prof. Rescuer	KINS257 Coaching Techniques and Business Basics	BIOL&242 Human Anat. & Phys. II
KINS155 Applied Anat. & Phys.	KINS258 Care and Prevention of Injuries	MATH&146 Introduction to Statistics
KINS250 Kinesiology	KINS259 Exercise for Special Populations	NUTR&101 Nutrition
KINS252 Nutrition for Sport and Exercise	KINS260 Health Appraisal, Fit. Asses.	ENGL&101 English Composition I
KINS253 Lifestyle and Weight Management	KINS263 Sport and Exercise Psychology	PSYC&101 General Psychology
KINS254 Essentials, Fitness Training	KINS267 Internship	2 PE courses

At PLU:

J U N I O R	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
	KINS 277: Foundations of Kinesiology	General Education Requirement	General Education Requirement
	KINS 366: Health Psychology		KINS 281: Sport Programming, Delivery
	KINS 384: Found. of Health, Fit. Promo.		KINS 324: Physical Activity and Lifespan
	General Education Requirement		KINS 326: Adapted Physical Activity

S E N I O R	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
	KINS 478: Motor Lrng., Human Perform.	KINS 495: Internship	KINS 486: Applied Biomechanics & Kins.
	General Elective 300+		KINS 499: Capstone: Senior Seminar
	KINS 386: Soc. Psyc., Sport, Phys. Activity		General Education Requirement
	General Education Requirement		