



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

At Pierce:

The **AS-T Track 1** degree **must include** the following coursework of C- or better and a minimum cumulative GPA of at least 2.5.

BIOL&211 Majors: Cellular	CHEM&161 General Chem I w/Lab	MATH&151 Calculus I
BIOL&212 Majors: Animals	CHEM&162 General Chem II w/Lab	MATH&152 Calculus II
BIOL&213 Majors: Plants	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, 101-103, 105, 107, 111-113, 115, 145, 150, 201-204, 211, 243-245; CMST&102; DRMA&101, 160; HUM210, 212, 215; MUSC100, 102-103, &105, 106, &141-143, &241-243; **LT:** ENGL&111-114, 204-205, 207, 210, &220, &226-228, 239, &244-246, 264-266; **PH:** PHIL&101, 110, 150, 210, 220, 230, 238

At PLU:

J U N I O R	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
	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. Psyc., Sport, Phys. Act.
	General Education Requirement		KINS 483: Clinical Mgmt for Special Pop.
	General Education Requirement		KINS 486: Applied Biomechanics & Kins.
			FTWL 100: Personalized Fitness Program

S E N I O R	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
	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			