



# Pierce to PLU

## Bachelor of Arts in Kinesiology (BAK) transfer guide Health and Fitness Promotion

A completed **Associate of Arts (AA-DTA)** (96 credits) from **Pierce College** will guarantee junior standing upon transfer to Pacific Lutheran University.

### At Pierce:

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

BIOL&241 Human Anat. & Phys. I      CHEM&131 Intro to Organic/Biochem.    MATH&146 Introduction to Statistics  
BIOL&242 Human Anat. & Phys. II      PSYC&100 General Psychology      NUTR&101 Nutrition

*\*A completed **Associate in Pre-Nursing DTA** with the above courses will also prepare for the **BAK (Health/Fitness Promotion)** program.*

### At PLU:

J U N I O R	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
	KINS 280: Fitness & Rec Program and Delivery	KINS 383: Exercise Testing and Prescription	KINS 277: Foundations in Kinesiology
	KINS 366: Health Psychology		KINS 326: Adapted Physical Activity
	KINS 380: Exercise Physiology		KINS 281: Sport Programming and Delivery
General Education Requirement	KINS 324: Physical Activity and Lifespan		

S E N I O R	FALL SEMESTER	JANUARY TERM	SPRING SEMESTER
	KINS 384: Found. of Health/Fitness Promotion	General Elective	KINS 386: Social Psych. of Physical Activity
	KINS 478: Motor Learning/Human Performance		KINS 300+ Elective
	KINS 495: Internship		KINS 499: Capstone (Senior Seminar)