



Kinesiology Health & Fitness Promotion Bachelor of Arts

	Fall Term	J-term	Spring Term	Comments
First Year	PSYC 101 GEN ED FYEP 101 FTWL 100 PLUS 100	GEN ED	KINS 277 (2 cr) Elective FYEP 102 GEN ED	32 credits per year are necessary to graduate in 4 years
Sophomore Year	BIOL 205 KINS 280 GEN ED FTWL	GEN ED	BIOL 206 KINS 326 GEN ED GEN ED	Biology 205 requires placement into MATH 140 or completion of MATH 115 before taking the course
Junior Year	KINS 320 KINS 380 KINS 384 GEN ED	KINS 383	KINS 486 KINS 324 KINS 281	
Senior Year	KINS 478 KINS 495 KINS 366 Elective		KINS 300-400 KINS 386 KINS 499 Elective	

This advising guide is for advising purposes only and does not denote a contract with the student or Pacific Lutheran University. Many programs have specific deadlines for application or declaration; contact the department or program chair for information. This information is accurate as of September 1, 2022; please check with your program chair for updates to the program. The university reserves the right to make necessary changes at its discretion.

General education course requirements are listed assuming that major classes will not count toward the general education course requirements. If a course counts towards a major and a general education requirement (e.g. PSYC 101 if the student is a psychology major), students will still need to take enough courses (shown here as electives) to reach the 128 credits needed to graduate.

Kinesiology Major Requirements

- 70 Semester Hours

- At least 32 credits of all majors must be taken in residency at PLU, and at least 16 of those must be taken from within the Department of Kinesiology.
- At least eight semester hours applied toward a kinesiology minor must be earned independently from the kinesiology major requirements.

General Degree Requirements

- A minimum of 128 semester hours must be completed with a GPA of 2.00 or higher. At least 40 credits must be from upper division coursework.
- In addition to the requirements of this major, students must complete all other requirements of the University as listed in the catalog
- At least 8 semester hours for the major must be taken in residence at PLU.
- You can view your general education requirements on your CAPP report on Banner or on the [Academic Requirements catalog](#)