

This is a sample and not the only way to complete this plan. Number of credits are in parentheses. \*Some classes have prerequisites.

**Year 1**

Fall	Winter	Spring	Steps for Success
KINE 1100 Applied Human Anatomy (4)	KINE 1200 Applied Human Phys.* (4)	KINE 1300 Health & Wellness (5)	<input type="checkbox"/> Meet with Advisor
KINE 1101 Applied Human Anatomy Lab (1)	KINE 1201 Applied Human Phys. Lab* (1)	UCOR Module I (5)	<input type="checkbox"/> Draft Educational Plan
UCOR Module I (5)	UCOR Module I (5)	Language 1350* (5)	<input type="checkbox"/> Get Involved
Language 1150 (5)	Language 1250* (5)		

**Year 2**

Fall	Winter	Spring	Steps for Success
KINE 2100 Exercise Psychology* (5)	KINE 2300 Exercise Physiology* (4)	KINE 2400 Motor Control & Learning* (4)	<input type="checkbox"/> Meet with Career Engagement Office
KINE 2200 Biomechanics* (4)	KINE 2301 Exercise Physiology Lab* (1)	KINE 2401 Motor Control & Learning Lab* (1)	<input type="checkbox"/> Find Internship or Research Opportunity
KINE 2201 Biomechanics Lab* (1)	HIST 1200, 1200, or 2310 (5)	UCOR Module I (5)	<input type="checkbox"/> Make Connections
UCOR Module I (5)	General Elective (5)	General Elective (5)	<input type="checkbox"/> Review Educational Plan

**Year 3**

Fall	Winter	Spring	Steps for Success
KINE 3100 Prof. Standards in Kinesiology* (3)	KINE 3200 Exercise Programming* (4)	KINE 3300 Physical Activity Across the Lifespan* (5)	<input type="checkbox"/> Review Educational Plan
UCOR Module II (5)	KINE 3201 Exercise Prog. Lab* (1)	KINE 3400 Principles of Human Nutrition* (5)	<input type="checkbox"/> Consider Leadership Role
General Elective (5)	UCOR Module II (5)	UCOR Module II (5)	<input type="checkbox"/> Attend KINE Internship Fair
General Elective (2)	General Elective (5)		<input type="checkbox"/> Post Graduation Planning

**Year 4**

Fall	Winter	Spring	Steps for Success
KINE 4100 Research Methods (5)	KINE 4950 Internship (5)	KINE 4950 Internship (5)	<input type="checkbox"/> Apply for Graduation on MySeattleU
UCOR Module III (5)	UCOR Module III (5)	UCOR Module III (5)	<input type="checkbox"/> Finalize Educational Plan
General Elective (5)	General Elective (5)	General Elective (5)	<input type="checkbox"/> Attend Career Events
			<input type="checkbox"/> Continue Post Grad Planning

## University Core Requirements

UCOR classes are listed in the sample plan by what module is recommend. See below for UCOR course titles listed by Module. See [my.seattleu.edu](http://my.seattleu.edu) for prerequisites and [www.seattleu.edu/core](http://www.seattleu.edu/core) for course descriptions. Honors and Matteo Ricci students have different Core requirements.

### Module I

**UCOR 1100** Academic Writing Seminar  
**UCOR 1200** Quantitative Reasoning  
**UCOR 1300** Creative Expression & Interpretation  
**UCOR 1400** Inquiry Seminar in the Humanities  
**UCOR 1600** Inquiry Seminar in the Social Sciences  
*UCOR 1800 or 1810 Inquiry Seminar in the Natural Sciences (satisfied in major)*

### Module II

**UCOR 2100** Theological Explorations  
**UCOR 2500** Philosophy of the Human Person  
**UCOR 2900** Ethical Reasoning

### Module III

**UCOR 3100** Religion in a Global Context  
**UCOR 3400** Humanities and Global Challenges  
**UCOR 3600** Social Sciences and Global Challenges

## Important Major Information

- Credits in Major: 68
- Minimum Major GPA: 2.00 (some scholarships may require higher)
- College of Arts and Sciences Requirements: 20 credits
  - HIST 1200, 1210 or 2310
  - Modern Language 1150, 1250, 1350 or demonstrated proficiency
- All KINE courses must be graded a C- (1.7) or better.

## Resources for Success

- Map out your own plan through My.SeattleU.edu
- Meet with a Career Coach from Career Engagement Office
- Sign up for academic support with Learning Assistance Programs
- Explore career options at the “What Can I Do With This Major” page
- Learn more about academic advising on the Advising Services page

## Notes

**SEATTLEU.**  
COLLEGE OF ARTS AND SCIENCES

Use MySeattleU Student Planning to plan your courses and work closely with your academic advisor on your educational plan. You are responsible for knowing information and tracking changes. Contact your Advising Center for support.

**Arts & Sciences Advising**  
[ASCAdvising@seattleu.edu](mailto:ASCAdvising@seattleu.edu)  
**Seattle U Advising Services**  
<http://www.seattleu.edu/advising>