The example below assumes that you enter Seattle University with junior standing (90 credits), have earned a transferable associate's degree, and have successfully completed the following:

<table>
<thead>
<tr>
<th>Seattle University Course Number and Title</th>
<th>Washington State Community College Common Course Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language 1150, 1250, and 1350</td>
<td>Foreign Language or ASL 121, 122 and 123 or demonstrated proficiency</td>
</tr>
<tr>
<td>KINE 1100/1101 Applied Human Anatomy and Lab</td>
<td>BIOL 241 and BIOL 242</td>
</tr>
<tr>
<td>KINE 1200/1201 Applied Human Physiology and Lab</td>
<td></td>
</tr>
</tbody>
</table>

Visit the Transfer Equivalency Guide on the Transfer Tools site for more information on how your credits may transfer to SU: [https://www.seattleu.edu/registrar/transfer-tools/](https://www.seattleu.edu/registrar/transfer-tools/). Some courses not listed on the Transfer Equivalency Guide may still transfer to SU. For courses not found on this tool, compare course descriptions with SU’s course catalog to determine equivalent courses at your college/university: [http://catalog.seattleu.edu/](http://catalog.seattleu.edu/)

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

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Steps for Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCOR Module II* (5)</td>
<td>UCOR Module II* (5)</td>
<td>HIST 1200, 1210, or 2310 (5)</td>
<td>□ Meet with Advisor</td>
</tr>
<tr>
<td>KINE 2200 Biomechanics* (4)</td>
<td>KINE 1300 Health and Wellness (5)</td>
<td>KINE 3300 Physical Activity Across the Lifespan* (5)</td>
<td>□ Draft Educational Plan</td>
</tr>
<tr>
<td>KINE 2201 Biomechanics Lab* (1)</td>
<td>KINE 2300 Exercise Physiology* (4)</td>
<td>KINE 3400 Principles of Human Nutrition* (5)</td>
<td>□ Get Involved</td>
</tr>
<tr>
<td>KINE 2400 Motor Control and Learning* (4)</td>
<td>KINE 2301 Exercise Physiology Lab* (1)</td>
<td></td>
<td>□ Attend KINE Internship Fair</td>
</tr>
<tr>
<td>KINE 2401 Motor Control and Learning Lab* (1)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Year 2

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Steps for Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 2100 Exercise Psychology *(5)</td>
<td>UCOR Module II* (5)</td>
<td>KINE 4950 Internship (5)</td>
<td>□ Apply for Graduation on MySeattleU</td>
</tr>
<tr>
<td>KINE 3100 Professional Standards in Kinesiology* (3)</td>
<td>KINE 4950 Internship *(5)</td>
<td>UCOR Module III* (5)</td>
<td>□ Finalize Educational Plan</td>
</tr>
<tr>
<td>KINE 4100 Research Methods* (5)</td>
<td>KINE 3200 Exercise Programming* (4)</td>
<td>General Elective (5)</td>
<td>□ Attend Career Events</td>
</tr>
<tr>
<td>General Elective (2)</td>
<td>KINE 3201 Exercise Programming Lab* (1)</td>
<td></td>
<td>□ Post Grad Planning</td>
</tr>
</tbody>
</table>
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 for prerequisites and 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
*Module I waived with a DTA degree

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 3100 waived with a DTA degree

Choose one:
UCOR 3400 Humanities and Global Challenges
OR
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

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
Seattle U Advising Services
http://www.seattleu.edu/advising