

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

Seattle University Course Number and Title	Washington State Community College Common Course Number
Language 1150, 1250, and 1350	Foreign Language or ASL 121, 122 and 123 or demonstrated proficiency

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/>. 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/>

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

Year 3

	Fall	Winter	Spring
Course 1	UCOR Module II* (5)	UCOR Module II* (5)	KINE 2300&2301 Human Physiology Lecture and Lab* (4+1)
Course 2	KINE 1100&1101 Human Anatomy Lecture and Lab (4+1)	KINE 1200&1201 Human Physiology Lecture and Lab* (4+1)	KINE 3300 Phys. Activity Across the Lifespan* (5)
Course 3	HIST 1200, 1210, or 2310 (5)	KINE 1300 Health & Wellness (5)	KINE 3400 Princip. Of Human Nutrition* (5)

Steps for Success

- Meet with your Faculty Advisor
- Attend Internship Fair in Spring
- Submit Course Plan for approval via MySeattleU

Year 4

	Fall	Winter	Spring
Course 1	UCOR Module II* (5)	KINE 3200&3201 Ex Programming Lecture and Lab* (4+1)	UCOR Module III* (5)
Course 2	KINE 2200&2201 Biomechanics Lecture and Lab* (4+1)	KINE 4100 Research Methods* (5)	KINE2400&2401 Mtr Ctrl Learning Lecture and Lab* (4+1)
Course 3	KINE 2100 Exercise Psych* (5)	KINE 4950 Internship* (5)	KINE 4950 Internship* (5)
Course 4	KINE 3100 Prof. Standards in Kinesiology* (3)		

Steps for Success

- Meet with Advisor for Senior Graduation Check
- Apply for Graduation
- Continue Post Graduation Planning

University Core Requirements

UCOR classes are listed in the sample plan as Module I, II, and III. 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 Thinking

UCOR 1300 Creative Expression & Interpretation

UCOR 1400 Inquiry Seminar in the Humanities

UCOR 1600 Inquiry Seminar in the Social Sciences

UCOR 1800 Inquiry Seminar in the Natural Sciences

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 *OR*

UCOR 3600 Social Sciences and Global Challenges

UCOR 3800 Natural Sciences and Global Challenges

Degree Requirements

- Total Credits Required for Degree: 180
- Credits in Core: 55
- Credits in College: 20
 - HIST 1200, 1210 or 2310
 - Modern Language 1150, 1250, 1350 or demonstrated proficiency
- Credits in major: 68
- GPA cumulative minimum: 2.0
- GPA major minimum: 2.0

Resources for Success

- Map out your own plan through My.SeattleU.edu
- Meet with a Career Advisor from the [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](#)

Curriculum Notes

- All KINE courses must be graded a C- (1.7) or better.
- BIOL-2200 and BIOL-2210 Anatomy and Physiology i and ii (if both were taken and C- or above was earned) can substitute KINE-1100&1101 and KINE-1200&1201 via petition. The Washington State Community College Common Course Number for those is BIOL& 241 and BIOL& 242. Again, both would need to be completed (with a C- or above): if only one BIOL Anatomy and Physiology course is completed, neither KINE course can be substituted.
- Pay attention to these sequences: Kine-1100&1101 must be taken before KINE-1200&1201 and before KINE-2200&2201. KINE-1300 must be taken before KINE-2100 and before KINE-3300. KINE-2300&2301 must be taken before KINE-3200&3201. There are some more sequences but these are the most important to keep in mind. Ask an advisor for info on when each course is offered.



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>