

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"/> Review Admissions requirements for physical therapy programs. <input type="checkbox"/> Draft your course plan. Meet with academic and faculty advisor. <input type="checkbox"/> Yellow highlights are SU math requirements students need to consider for courses needed for PT admissions.
KINE 1101 Applied Human Anatomy Lab (1)	KINE 1201 Applied Human Phys. Lab* (1)	Math 1021 – Precalculus (5) – Pre-req for Bio/Chem/Phys (can test out)	
UCOR 1100 (5) (Module I)	UCOR Module 1300 (5) (Module I)	Language 1350* (5)	
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"/> Gather volunteer, internship experiences over the summer. <input type="checkbox"/> Meet with Career Engagement. <input type="checkbox"/> Check out pre-health advising resources.
KINE 2200 Biomechanics* (4)	KINE 2301 Exercise Physiology Lab* (1)	KINE 2401 Motor Control & Learning Lab* (1)	
KINE 2201 Biomechanics Lab* (1)	UCOR Module 1600 (5) (Module I)	BIOL 1620 + 1621 Biol II: Evolution and Ecology + Lab (5) Gen Elec	
UCOR 1400 (5) (Module I)	BIOL 1610 + 1611 Biol I: Molecular and Cellular + Lab (5) Gen Elec	HIST 1200, 1200, or 2310 (5)	

Year 3

Fall	Winter	Spring	Steps for Success
UCOR 1210 – Statistics for LS (5) (Module I)	KINE 3200 Exercise Programming* (4)	KINE 3300 Physical Activity Across the Lifespan* (5)	<input type="checkbox"/> Track graduation requirements and credits needed for graduation (need at least 180 credits). <input type="checkbox"/> Attend KINE Internship Fair. <input type="checkbox"/> Post-graduation planning.
KINE 3100 Prof. Standards in Kinesiology* (3)	KINE 3201 Exercise Prog. Lab* (1)	KINE 3400 Principles of Human Nutrition* (5)	
UCOR 2100 (5)	CHEM 1500 + 1501 General Chemistry I + Lab (5) Gen Elec	CHEM 1510 + 1511 General Chemistry II + Lab (6) Gen Elec	
General Psychology (5) Gen Elec	UCOR 2500 (5)	Math 1022 Trigonometry (2) – Pre-req for Phys (can test out)	

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 at my.seattleu.edu. <input type="checkbox"/> Finalize educational plan. <input type="checkbox"/> Attend career events. <input type="checkbox"/> Continue post-grad planning.
UCOR 2900 (5)	UCOR Module 3100 (5)	UCOR Module 3600 (5)	
PHYS 1050 + 1051 Mechanics + Lab (5) Gen Elec	PHYS 1060 + 1061 Waves, Sound, Elect., & Magnetism + Lab (5) Gen Elec	UCOR Module 3400 (5)	

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 (satisfied through Math-1021 or UCOR 1210)~~
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 (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

Resources for Success

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

Important Information

- This is a hypothetical plan based off most program requirements. Please research the grad programs you'd want to attend and see what changes you'll need to make.
- Some programs may require a third quarter of Bio or Chem or Physics. Make sure to complete science series at one institution (if you start it at SU finish it at SU; if you start it at a community college, finish it at a Community College).
- It's possible to test out of part of or all of the Language Requirement.
- To be able to take Math-1021, you must place into it or into a higher-level Math through your SAT/ACT/AP scores. If you do not, you can take an SU placement test to place into it. If you cannot place into Math-1021, you will have to take Math-1000 before taking Math-1021.
- If you take Math-1021 you don't have to take a UCOR-1200 to satisfy the UCOR Math requirement. However, UCOR-1210 may fulfil the statistics pre-requisite coursework for PT schools so you might want to take that course.
- Must take Math-1021 and Math-1022 before the Physics sequence.
- Must take Math-1021 and get a C- or above (or place out of Math-1021) before taking Math-1022.
- You can place out of Math-1022 as well. More info here: <https://www.seattleu.edu/scieng/math/math-placement/>