

## Year 1

	Fall	Winter	Spring
Course 1	KINE 1100&1101 Applied Human Anatomy Lecture and Lab (4+1)	KINE 1200&1201 Applied Human Physiology Lecture and Lab* (4+1)	KINE 1300 Health & Wellness (5)
Course 2	UCOR Module I (5)	UCOR Module I (5)	UCOR Module I (5)
Course 3	Language 1150 (5)	Language 1250* (5)	Language 1350* (5)

## Steps for Success

- Meet with your Academic Advisor
- Create plan in Student Planning
- Get Involved

## Year 2

	Fall	Winter	Spring
Course 1	KINE 2200&2201 Biomechanics Lecture and Lab* (4+1)	KINE 2300&2301 Exercise Physiology Lecture and Lab* (4+1)	KINE 2400&2401 Motor Control & Learning Lecture and Lab* (4+1)
Course 2	KINE 2100 Exercise Psych* (5)	HIST 1200, 1200 or 2310 (5)	UCOR Module I (5)
Course 3	UCOR Module I (5)	General Elective (5)	General Elective (5)

## Steps for Success

- Meet with your Academic and Faculty Advisor(s)
- Plan for Study Abroad
- Meet with Career Engagement

## Year 3

	Fall	Winter	Spring
Course 1	KINE 3100 Prof. Standards in Kinesiology* (3)	KINE 3200&3201 Ex Programming Lecture and Lab* (4+1)	KINE 3300 Physical Activity Across the Lifespan* (5)
Course 2	UCOR Module II (5)	UCOR Module II (5)	KINE 3400 Principles of Human Nutrition* (5)
Course 3	General Elective (5)	General Elective (5)	UCOR Module II (5)
Course 4	General Elective (2)		

## Steps for Success

- Attend Internship Fair in Spring
- Meet with Faculty Advisor
- Review Educational Plan

## Year 4

	Fall	Winter	Spring
Course 1	KINE 4100 Research Methods (5)	KINE 4950 Internship (5)	KINE 4950 Internship (5)
Course 2	UCOR Module III (5)	UCOR Module III (5)	UCOR Module III (5)
Course 3	General Elective (5)	General Elective (5)	General Elective (5)

## Steps for Success

- Meet with Faculty Advisor
- 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](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 Thinking (take Math-1021 if pre-health)

**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

**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: 2.00
- GPA major minimum: 2.00

## Resources for Success

- Map out your own plan through [My.SeattleU.edu](http://My.SeattleU.edu)
- Meet with a Career Advisor from the [Career Engagement Office](#)
- Sign up for academic support with [Learning Assistance Programs](#)
- 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. Same goes for Nursing Anatomy and Physiology (BIOL 1200 and 1210).
- If you're considering graduate school in a health profession, instead of UCOR-1200, it might be best for you to take Math-1021. Consult with an advisor.
- 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.



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>