

## Pathway: Kinesiology, Sports and Exercise Science

### Area of Study: Science, Technology, Engineering, and Math



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#### Overview

This pathway is designed to meet Associate in Arts degree requirements with a concentration in Kinesiology, Sports, & Exercise Science. This pre-major pathway is designed to prepare you to transfer at the junior-level into an kinesiology or related program at a four-year college or university. Kinesiologists ask questions such as: How does physical activity affect the aging process? What physiological changes characterize the relaxation response? How do humans adapt to environmental stresses? Kinesiology involves the multidisciplinary study of human movement and function. (Read program QR code to see more)

#### Estimated Length of Completion

Degree: Associate of Arts - Direct Transfer Agreement (LASDTAA)  
6 quarters, Full time

#### Career Opportunities

- Physical Therapist
- Athletic Trainer
- Chiropractor
- Athletic Coach
- Physical Educator
- Occupational Therapist
- Recreational Therapist
- Occupational Therapy Assistant/Aide
- Sports Management
- Occupational Health and Safety Specialist

A bachelor's degree or higher degree may be required for some careers listed above. ...(Read program QR code to see more)

#### Tuition and Fees

Learn more about the [estimated cost of attendance and general fees to attend college](#).

#### Financial Aid and Funding Resources

It's time to apply for Financial Aid for next year by completing either the [FAFSA](#) or the [WASFA](#) 2024-25.

#### Need help paying for college?

To apply for financial aid, including grants and scholarships you don't have to pay back, visit [South's Financial Aid Department](#) for details. Part-time and full-time students can qualify for financial aid funds.

#### Program Contact

**New or Prospective Students:** Please connect with the [Welcome Center](#) to discuss South's program options and for help navigating the [Steps to Enroll](#).

Email: [southwelcomecenter@seattlecolleges.edu](mailto:southwelcomecenter@seattlecolleges.edu)

Phone: 206-934-7943

**Current Students:** Please connect with [Advising](#) to create an educational plan and discuss specific class offerings for your program.

Email: [advisorsouth@seattlecolleges.edu](mailto:advisorsouth@seattlecolleges.edu)

Phone: 206-934-5387

#### Advising Contact

If you are already registered for classes or a returning student, please see your primary advisor to create an educational plan. If you need assistance getting connected to the appropriate advisor, visit the [Advising Center website](#).

Email: [advisorsouth@seattlecolleges.edu](mailto:advisorsouth@seattlecolleges.edu)

Phone: 206-934-5387



Scan QR code to learn more about this program.

05/19/2024



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#### Get Started

**Step 1:** Apply and register at South Seattle College anytime (the application is always free). Once you become a student, register for classes using the online class schedule and go to the academic calendar for registration dates and tuition deadlines.

**Step 2:** See an advisor to create a personalized educational plan by the end of your second quarter. Your plan will include prerequisites, graduation requirements, and transfer preparation if you plan to transfer to another college or university to earn a bachelor's degree.

A sample schedule is below. The schedule will help you explore courses. The guide assumes a fall quarter start, but you can begin in any quarter.

#### Sample Schedule

This is an example of a quarterly schedule:

##### Quarter 1

- ENGL&101 English Composition I (5 units)
- MATH&141 Precalculus I (5 units)
- HEA160 Human Wellness & Fitness (5 units)

##### Quarter 2

- BIOL&160 General Biology W/ Lab (5 units)
- ENGL&102 Composition II (5 units)
- CHEM&139 General Chemistry Prep (5 units)

##### Quarter 3

- PSYC&100 General Psychology (5 units)
- CHEM&161 General Chem W/Lab I (6 units)
- NUTR&101 Nutrition (5 units)

##### Quarter 4

- PSYC&200 Lifespan Psychology (5 units)
- MATH&146 Introduction To Statistics (5 units)
- BIOL&211 Majors Cellular Biology (5 units)

##### Quarter 5

- BIOL&241 Human A & P 1 (5 units)
- SOC&101 or HUM105 or SOC106 (5 units)
- CMST205 or HUM210 or ENGL116 (5 units)

##### Quarter 6

- HUM120 Intro To Asian Cinema (5 units)
- BIOL&242 Human A & P 2 (5 units)
- CMST&230 or ART170 or MUSC109 (5 units)



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