



Suggested Schedule to Earn an Associate Degree

The suggested schedule below meets the requirements to earn an Associate in Arts degree with an emphasis in Kinesiology, Sports & Exercise Science. If classes listed below don't fit your schedule or interests, you can take alternate classes! Visit this website for instructions: www.southseattle.edu/pathway-map-help.

Year One

Quarter One

Credits

- ENGL&101: English Composition I 5
- MATH&141: Precalculus I 5
- HEA 160: Human Wellness and Fitness..... 5

Quarter Two

- BIO&160: General Biology w/Lab 5
- ENGL&102: Composition II..... 5
- CHEM&139: General Chem Prep 5

Quarter Three

- PSYC&100: General Psychology 5
- CHEM&161: General Chemistry with Lab I..... 5
- NUTR&101: Nutrition 5

Year Two

Quarter Four

Credits

- PSYC&200: Lifespan Psychology 5
- MATH&146: Intro to Statistics 5
- BIO&211: Majors Cellular Biology 5

Quarter Five

- BIO&241: Human Anatomy & Physiology I..... 5
- SOC&101: Intro to Sociology **-or-**
HUM 105: Intercultural Communication **-or-**
SOC 106: Sociology of Asian Americans 5
- CMST 205: Multicultural Communication **-or-**
HUM 210: Intro to LGBTQ Studies **-or-**
ENGL 116: Graphic Novels 5

Quarter Six

- HUM 120: Introduction to Asian Cinema..... 5
- BIO&242: Human Anatomy & Physiology II 5
- CMST 230: Small Group Communication **-or-**
ART 170: Photography as an Art Language **-or-**
MUSC 109: World Beat: Global Studies
Through Music 5

Total Credits Required: 90

To Do List

Quarter 1

- Make an Ed Plan with an advisor
- Get involved on campus thru Student Life
- Tour the MySouth student portal

Quarter 2

- Apply for free money with FAFSA or WASFA
- Attend a transfer fair and research options

Quarter 3

- Attend your major's info sessions at transfer institution
- Attend a resume workshop

Quarter 4

- Update your Ed Plan with an advisor
- Attend transfer events, including personal statement workshops

Quarter 5

- Apply to your transfer school
- Re-apply for FAFSA or WASFA if transferring

Quarter 6

- Apply for Associate degree from South
- Order cap and gown; attend graduation!

Pathway: Kinesiology, Sports & Exercise Science



About the Kinesiology, Sports & Exercise Science Pathway

This pathway is designed to meet Associate in Arts degree requirements with an emphasis in Kinesiology, Sports, & Exercise Science. This pre-major pathway is designed to prepare you to transfer at the junior-level into a 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. When you pursue a degree in this field, you are pursuing a greater understanding of anatomy, physiology, motor function, and overall wellness. You'll also study subjects like biomechanics, pathology and nutrition.

This course of education will prepare you for a wide range of career paths, from physical therapy, sports medicine, athletic training and coaching to physical education, occupational therapy, and rehabilitation. It could even be the pathway to a career in orthopedics or sports medicine, depending on how far you decide to advance your education.

Length of Program

90 credits = 6 quarters if you take 15 credits* each term.

**Students who take 15 credits each quarter earn their degree faster, qualify for more financial aid, and earn more money over their lifetime because they complete their schooling faster.*

Which Quarter Can I Begin?

Fall, Winter, Spring, or Summer.

Class Times/Delivery Format?

Classes and labs are offered M-TH (2 days or 4 days a week) from 8am-4pm and in the evenings. We offer on-campus, online, or hybrid (part on-campus, part online) formats.

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 or higher degree may be required for some careers listed above. For current employment and wage estimates, please visit the Kinesiology, Sports & Exercise Science program page on South's website.

Future Education Opportunities

Once you complete this Associate degree, additional education opportunities include:

- A bachelor's degree in kinesiology, sport medicine, exercise science, or a related field at a four-year college or university.
- [A Bachelor of Applied Science \(BAS\)](#) degree at one of the Seattle Colleges.

Program and admissions requirements vary from college to college. Contact an advisor to create an educational plan tailored to transfer to the institution of your choice.

Approximate Costs Each Quarter

Tuition*	\$1550
Books, supplies, and miscellaneous fees	\$200

**Tuition based on WA resident rates. Rates for international students and non-residents may vary.*

Apply for Financial Aid

Did you know that the average student at South spends 3 hours applying for financial aid and gets more than \$4000 per year?

Visit www.southseattle.edu/financial-aid/ to apply for financial aid, including grants and scholarships you don't have to pay back.

Find Out More

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