

## 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. (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)



#### Future Education

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.

South Seattle College has direct transfer agreements with four-year institutions throughout Washington state, including University of Washington, Washington State University and Seattle University. Graduates from South have also transferred to out-of-state institutions.

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.



Scan QR code to learn more about this program.

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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.

#### 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)

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#### Before Quarter One

- Please visit the [Steps to Enroll](#) page for everything you need to do.
- [Review the Academic Calendar for key enrollment dates.](#)
- If you need help with the Steps to Enroll, please contact the [Welcome Center](#).

A sample schedule and quarterly to-do list are below. The schedule and to-do list will help you explore courses and complete tasks on time. 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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## Sample Quarterly To-Do List

This is an example of a quarterly to-do list:

### Quarter 1

- Schedule an appointment with your advisor in [Starfish](#) to meet and discuss your goals.
- Explore careers and majors through workshops, [counseling](#), and [WorkSource career services](#).
- Visit the [Library](#) to get help with research; check out resources; access computers and study space; and create media projects.
- Visit the [Tutoring Center](#) to learn about tutoring services offered in-person and online.
- Get involved on campus! Check out some of the resources, clubs and activities available to you through [Student Life](#) and [TRiO](#), [RST](#), and more!

### Quarter 2

- Create an [educational plan](#) with your advisor.
- Research and develop a list of four-year colleges and universities.
- Attend transfer workshops and/or a transfer fair. Find more information on our [Transfer Resources](#) page.
- Apply for [financial aid](#) for the upcoming school year in Fall or early Winter Quarter to maximize your funding options.
- Visit South's [transfer webpage](#) for transfer information.

### Quarter 3

- Update your [educational plan](#) with your assigned advisor.
- Attend a resume building or career workshop.
- Connect with potential universities (virtually or in person) and determine application deadlines.
- Research and apply for [scholarships](#).

### Quarter 4

- Update your [educational plan](#) with your advisor.
- Attend transfer workshops, including a personal statement workshop.
- Write your [personal statement](#).
- Build relationships with faculty and staff at South to learn more about your pathway and future opportunities.
- Apply to universities or colleges and scholarships.

### Quarter 5

- Apply for [financial aid](#) for the upcoming school year in Fall or early Winter Quarter to maximize your funding options.
- Apply to universities or colleges and scholarships.
- Explore internships in your major/career.
- Apply for [graduation](#) for your degree.

### Quarter 6

- Check in with your university for transfer planning.
- Order cap and gown for commencement and join alumni association.
- Attend commencement ceremony.



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