

**What can you do with an Exercise Science major from SPU?**

The Exercise Science major at Seattle Pacific University prepares you to leave college ready to serve in a variety of fields that promote healthy lifestyles for people of all ages. It is also good preparation for graduate school, if you plan to become a physical or occupational therapist.

**Potential occupations include:**

- Athletic Coach
- Cardio Rehab Therapist
- Health/Fitness Educator
- Personal Trainer
- Athletic Trainer
- Chiropractor
- Health Promotion Specialist
- Physical Therapist
- Biomechanist
- Exercise Testing Technician
- Occupational Therapist
- Wellness Director

**Other majors at SPU with similar requirements in the first two years**

Food & Nutrition, Nursing, Nutrition & Dietetics, Psychology (BS)

**Suggested transfer preparation at Seattle Central College**

Associate of Arts-Direct Transfer Agreement or Associate of Science-Direct Transfer Agreement (AA-DTA or AS-DTA) with completion of the courses noted below.

**Courses in the major you may complete at Seattle Central College**

Seattle Central College Courses	Equivalent SPU Courses
CHEM& 161 General Chemistry w/ Lab I (6) – and – CHEM& 131 Intro to Organic/Biochemistry (5) or – OR – CHEM& 121 Intro to Chemistry (5)	CHM 1211 General Chemistry I (6) – and – CHM 1330 Survey of Organic Chemistry (5) – OR – CHM 1310 Survey of General Chemistry (5) -- Note that this option requires you also take CHM 1360 Survey of Biological Chemistry (5) at SPU.
BIOL& 241 Human Anatomy & Physiology I (5) – and – BIOL& 242 Human Anatomy & Physiology II (5)	BIO 2129 Human Anatomy & Physiology (5) – and – BIO 2130 Human Anatomy & Physiology (5)

*Note: Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.*

**Admission to the major**

If you identify the Exercise Science major as your first choice on your application for admission to the University, you will automatically gain entry to the major when admitted to SPU.

**Learn more about the Exercise Science major at:**

- <http://spu.edu/exercise-science>
- <http://spu.edu/exercise-sci-reqs>

**Get more information** about transfer admission to Seattle Pacific University at <http://spu.edu/transfer>.  
**Questions?** Contact [transfer@spu.edu](mailto:transfer@spu.edu).

## Courses to complete at SPU

HHP 1301 Wellness and Physical Activity (3)
CHM 1360 Survey of Biological Chemistry (5) *
HHP 2128 Functional Anatomy (3)
HHP 2195 Philosophy & Research in Health/Phys (5)
FCS 3340 Human Nutrition (5)
HHP 3560 Psy Aspects of Health & Phys Act (5)
HHP 3570 Biomechanics (5)
HHP 3575 Motor Learning & Development (5)
HHP 3580 Exercise Physiology (5)
HHP 3942 Internship and Career (1)
FCS 4310 Sports and Exercise Nutrition (3)
HHP 4555 Community Health Promotion (3)
HHP 4585 Applied Exercise Science (5)
HHP 4899 Contemporary Issues Health & Phys Act (5)
HHP 4930 Exercise Science Practicum (1)
HHP 4942 Internship and Prof Development (3)
One Exercise Science Elective (3+) from this list:
• HHP 2617 Teaching Health & Fitness (3)
• HHP 3545 Programs for Special Populations (3)
• HHP 3590 Sport Injury Management (4)
• HHP 4575 Coaching and Training Seminar (4)
• HHP 4595 Admin & Ldrshp: Health & Phys Act (3)

\*If you took CHEM& 121 instead of CHEM& 131 and 161 at North.

## Other requirements for the degree

In addition to the major, the degree requires completion of any remaining general education and University requirements, and at least 180 college-level credits total, including 60 upper-division (UD) credits.

All students must complete the University Foundations Requirement at SPU – even those who have completed the Direct Transfer Agreement (DTA) Associate Degree.

Students admitted with fewer than 90 credits (freshmen and sophomores) complete 15 credits:

- UFDN 1000 The Christian Faith (5)
- UFDN 2000 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

Students admitted with 90 credits or more (juniors and seniors) complete 10 credits:

- UFDN 3001 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

## Suggested course plan for your junior and senior years at SPU

Assumes junior standing at entrance, and successful completion of CHEM& 121 or both CHEM& 131 and 161; and BIOL& 241 and 242, prior to transfer.

Junior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> <li>• HHP 1301 (3) -- or take this in winter.</li> <li>• HHP 2195 (5)</li> <li>• HHP 3560 (5)</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 1301 (3) -- if not taken in autumn.</li> <li>• HHP 3570 (5)</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 3575 (5)</li> <li>• HHP 3580 (5)</li> <li>• HHP 3942 (1)</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to graduate in winter or spring.</li> <li>• Exercise Science students are required to complete an internship – plan to do this over the summer between your junior and senior years.</li> </ul>
<b>Any Quarter Offered:</b> <ul style="list-style-type: none"> <li>• Take CHM 1360 (5) in winter or spring, as necessary.</li> <li>• HHP 2128 (3) and FCS 3340 (5).</li> <li>• Take at least one Exercise Science elective from: HHP 2617, 3545, 3590, 4575, or 4595, or complete this requirement next year.</li> <li>• UFDN, general education, and University requirements.</li> </ul>			
Senior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> <li>• HHP 4585 (5)</li> <li>• + 10 – 13 credits</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 4555 (3)</li> <li>• HHP 4942 (3)</li> <li>• + 9 – 12 credits</li> </ul>	<ul style="list-style-type: none"> <li>• FCS 4310 (3)</li> <li>• + 12 – 15 credits</li> </ul>	<ul style="list-style-type: none"> <li>• Be sure to have completed 180 college-level credits, with at least 60 being upper division (UD), numbered 3000 – 4999.</li> </ul>
<b>Any Quarter Offered</b> <ul style="list-style-type: none"> <li>• HHP 4930 (1)</li> <li>• HHP 4899 (5) – this must be repeated each quarter this year, for 1 – 2 credits each time.</li> <li>• Remaining electives, UFDN, general education, and University requirements.</li> </ul>			