

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

### Suggested Transfer Preparation at South Seattle College

AA-DTA or AS-DTA, with completion of the courses below.

### Majors with similar requirements in first two years

Nursing, Food and Nutrition, BS in Psychology

### Courses in the major you may complete at South Seattle College

South Seattle College Courses	Equivalent SPU Courses
BIOL& 241 Human Anatomy & Physiology I (6) <b>and</b> BIOL& 242 Human Anatomy & Physiology II (6)	BIO 2129 Anatomy & Physiology (5) <b>and</b> BIO 2130 Anatomy & Physiology (5)
CHEM& 161 General Chemistry I (6)	CHM 1211 General Chemistry I (5)
CHEM& 131 Intro to Organic/Biochemistry (5)	CHM 1330 Survey of Organic Chemistry (5)

**Note:** Completion of these courses is not required for transfer, but may aid in timely completion of your degree. You must complete the two course Anatomy & Physiology sequence to graduate after only two years at SPU. Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.

### Admission to the Major

Admission to this major is guaranteed for transfer students admitted to SPU. Once you begin classes at SPU, complete the Major Application form in the Banner Information System to formalize your acceptance to the major.

Learn more about the Exercise Science major:

<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 in the major to complete at SPU

HHP 1301 Wellness and Physical Activity (3)
HHP 2128 Functional Anatomy (3)
HHP 2195 Philos & Research in Health/Phys Act (5)
HHP 3560 Psych Aspects of Health/Phys Activity (5)
HHP 3570 Biomechanics (5)
HHP 3575 Motor Learning & Development (5)
HHP 3580 Exercise Physiology (5)
HHP 4555 Community Health Promotion (3)
HHP 4585 Applied Exercise Science (5)
HHP 4899 Contemporary Issues in Health & Phys (5)
FCS 3340 Human Nutrition (5)
FCS 4310 Sports and Exercise Nutrition (3)
HHP 4930 Exercise Science Practicum (1)
HHP 4940 Internship (4)
Exercise Science Electives (3 credits)
For many of the applied health science occupations, there are additional prerequisite classes. These courses can be added to the academic plan in consultation with the major advisor.

## University Foundations Requirement

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)

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.

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

Assumes junior standing at entrance and satisfactory completion of BIOL& 241 and 242; and CHEM& 131 and 161 prior to transfer.

Junior Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"><li>• HHP 1301 (3)</li><li>• HHP 2195 (5)</li><li>• HHP 3560 (5)</li><li>• + 2-5 credits</li></ul>	<ul style="list-style-type: none"><li>• HHP 2128 (3)</li><li>• HHP 3570 (5)</li><li>• HHP 4555 (3)</li><li>• +1-7 credits</li></ul>	<ul style="list-style-type: none"><li>• HHP 3580 (5)</li><li>• HHP 3575 (5)</li><li>• FCS 3340 (5)</li><li>• +0-3 credits</li></ul>	<ul style="list-style-type: none"><li>• Apply to the major as soon as you are eligible.</li><li>• Once admitted to the major, apply to graduate.</li></ul>
<b>ANY QUARTER</b> Choose three credits from among HHP 2550, 2617, 3545, 3590, 4575, 4595 Complete UFDN, UCOR, Exploratory Curriculum, general electives, and general University requirements as needed.			
Senior Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"><li>• HHP 4899 (2)</li><li>• HHP 4585 (5)</li><li>• HHP 4930 (1)</li><li>• UFDN 3001 (5)</li><li>• +2-5 credits</li></ul>	<ul style="list-style-type: none"><li>• HHP 4899 (2)</li><li>• HHP 4940 (4)</li><li>• UFDN 3100 (5)</li><li>• +1-7 credits</li></ul>	<ul style="list-style-type: none"><li>• HHP 4899 (1)</li><li>• FCS 4310 (3)</li><li>• + 8-14 credits</li></ul>	<ul style="list-style-type: none"><li>• HHP 4899 is repeated three times during the senior year, for 3 credits total.</li><li>• Take sufficient credits to reach 180 total and 60 upper-division (UD)</li></ul>
<b>ANY QUARTER</b> Complete remaining HHP elective course as needed Complete UFDN, UCOR, Exploratory Curriculum, general electives, and general University requirements as needed.			