

### Where does my path start?

You will complete an Associate of Arts – Direct Transfer Agreement (AA-DTA) at Shoreline.

### Use the **AA -DTA Degree Planning Guide**, with this sheet, to understand the requirements for graduation.

Once you complete your Shoreline degree, you can transfer to a four-year school to earn a baccalaureate in Exercise Science or Kinesiology program.

With a strong math and science foundation, this major is also excellent preparation for graduate studies in the allied health professions, Psychology, Business, Law or Education. Additional courses may be required for admission into graduate level professional programs.

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### What is Exercise Science/Kinesiology?

Do you enjoy physical exercise and/or sports? Do you like helping others optimize their physical and mental health? If so, Exercise Science and Kinesiology may be the ideal area study for you. Exercise Science and Kinesiology is the science of human movement. With extensive knowledge and skills integrating health and wellness, exercise, body conditioning, rehabilitation, psychology and nutrition, practitioners help others prevent and heal injuries, regain physical abilities, sustain mental health and achieve optimal physical performance.

**Areas of Study in Exercise Science/Kinesiology:** Cell Biology, Anatomy and Physiology, Chemistry, Physics, Anatomical Kinesiology, Biomechanics, Fitness, Nutrition, Injury Prevention, Strength Training, Physiology of Exercise, Human Growth and Development, Interpersonal Communications, Public Speaking, Multicultural Understanding, Risk Management and Public Policy.

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### Where can I go for help?

#### Exercise Science/Kinesiology Faculty Advisor

**Movakel Sargizi**  
206-546-4509 [msargizi@shoreline.edu](mailto:msargizi@shoreline.edu) Rm 2813

**Kira Wennstrom**  
206-546-4578 [kwennstrom@shoreline.edu](mailto:kwennstrom@shoreline.edu) Rm 2816

**Joyce Fagel**  
206-546-6984 [jfagel@shoreline.edu](mailto:jfagel@shoreline.edu) Rm 5229

#### General Academic Advising

FOSS (5000) Building, Rm. 5229  
206-546-4559

[advising@shoreline.edu](mailto:advising@shoreline.edu)  
[www.shoreline.edu/advising](http://www.shoreline.edu/advising)

**Career Planning**  
[www.shoreline.edu/job-career-services/](http://www.shoreline.edu/job-career-services/)

#### International Advising

9000 Building, Rm. 9303  
206-546-4697

[international@shoreline.edu](mailto:international@shoreline.edu)  
[www.shoreline.edu/international/advising/](http://www.shoreline.edu/international/advising/)

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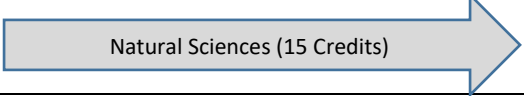
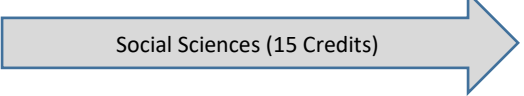
### What can I do with a Bachelor's Degree in Exercise Science/Kinesiology?

Students who study Exercise Science or Kinesiology develop the knowledge and skills to work in a number of health related careers. Depending on area the specialization, graduates work as Exercise Physiologists, Fitness Directors, Personal Trainers, Health and Physical Education Teachers, Coaches and Consultants.

**Potential employers include:** Fitness or health clubs, corporate health and wellness departments, sports clubs, sports medicine clinics, non-profit organizations, colleges and universities, public and private schools and consulting firms. For more, please visit <http://www.shoreline.edu/counseling-center/career-counseling.aspx>.

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**What courses should I take?\***

 <p>General Education Requirements (20 Credits)</p>	<p><b>Required:</b> ENGL&amp; 101; ENGL&amp; 102; One course in Multicultural Understanding; One course in Quantitative/Symbolic Reasoning</p>
 <p>Humanities (15 Credits)</p>	<p><b>Recommended:</b> CMST&amp; 220; World Language if required for university admission or graduation</p>
 <p>Natural Sciences (15 Credits)</p>	<p><b>Strongly Recommended:</b> CHEM 171/172 or CHEM&amp; 121, BIOL&amp; 211, NUTR&amp; 101</p>
 <p>Social Sciences (15 Credits)</p>	<p><b>Strongly Recommended:</b> PSYC&amp; 100 <b>Recommended:</b> ANTH&amp; 206, ANTH 200, 220, PSYC 245, SOC&amp; 101</p>

**Where can I transfer and what does my chosen four-year school require?**

Before choosing classes, become familiar with the four-year program where you want to apply: visit the website, email the department, and/or speak with a Shoreline advisor. Below are examples from Washington schools with different admissions and graduation requirements.

School	Transfer Information	School	Transfer Information
<a href="#">Bastyr University</a>	<a href="http://tinyurl.com/j29gmkv">http://tinyurl.com/j29gmkv</a>	<a href="#">Seattle University</a>	<a href="http://tinyurl.com/z3kjpcm">http://tinyurl.com/z3kjpcm</a>
<a href="#">Central Washington University</a>	<a href="http://tinyurl.com/jdpjra6">http://tinyurl.com/jdpjra6</a>	<a href="#">University of Puget Sound</a>	<a href="http://tinyurl.com/h7yqx8s">http://tinyurl.com/h7yqx8s</a>
<a href="#">Eastern Washington University</a>	<a href="http://tinyurl.com/gqpzhnq">http://tinyurl.com/gqpzhnq</a>	<a href="#">Walla Walla University</a>	<a href="http://tinyurl.com/z5a4h8p">http://tinyurl.com/z5a4h8p</a>
<a href="#">Gonzaga University</a>	<a href="http://tinyurl.com/7c9d6xh">http://tinyurl.com/7c9d6xh</a>	<a href="#">Washington State University</a>	<a href="http://tinyurl.com/jk3a2v2">http://tinyurl.com/jk3a2v2</a>
<a href="#">Pacific Lutheran University</a>	<a href="http://tinyurl.com/zygoljk">http://tinyurl.com/zygoljk</a>	<a href="#">Western Washington University</a>	<a href="http://www.wwu.edu/vtc/">http://www.wwu.edu/vtc/</a>
<a href="#">Seattle Pacific University</a>	<a href="http://tinyurl.com/z46xxxr">http://tinyurl.com/z46xxxr</a>		

**\*\* This unofficial guide is intended to support you as you prepare for your major. Please consult with an advisor and your chosen four-year school(s), as program and admissions requirements vary and may change without notice.**