

AA-T KINESIOLOGY (60 UNITS) *Grades of "C" or better required***Core Courses (14 units)**

Intro to Kinesiology (C-ID KIN 100)

Human Anatomy & Physiology (C-ID BIOL 115S or BIOL 110B & 120B, La Sierra BIOL 131, 132)

Movement Course #1, #2, #3 (La Sierra EXSC)

List A (6 units)

Introduction to Statistics (C-ID MATH 110, La Sierra MATH 155)

General Chemistry for Science Majors I + Lab (C-ID CHEM 110, La Sierra CHEM 111/L, 112/L)

IGETC for UC (31 units)

English Writing, 1A (4 units)

English Composition, 1B (4 units)

Arts, 3A (3 units)

Humanities, 3B (3 units)

Arts or Humanities, 3A or 3B (3 units)

Social & Behavioral Sciences, 4A-J (9 units)

Language Other Than English, 6A (5 units)

General Electives (9 units)

General Chemistry for Science Majors II + Lab (C-ID remaining course in CHEM 120S, La Sierra CHEM 112/L, 113/L)

General Electives

BS EXERCISE SCIENCE (100 UNITS) *Grades of "C" or better required**60 units must be Upper Division, 190 units required to graduate***Major Requirements (59 units)**

Core Curriculum (44 units)

Major Electives (11 units)

Required Cognates (4 units)

Foundational Studies (6 units)

World Language (4 units)

Lifetime Fitness (2 units)

General Studies (16 units)

Upper Division Scripture (4 units)

Adventism in a Global Perspective (4 units)

Upper Division Natural Science (4 units)

Senior Seminar (4 units)

General Electives (19 units)

General Electives

University Studies Service-Learning (0 units)

Two courses must include a Service-Learning component

**Deviation from the Planning Guide does not prevent an ADT student from guaranteed acceptance and in most cases graduation from La Sierra within 2 years of transfer is still possible.*

**QUESTIONS: Contact our Pre-Transfer Advisor at adtinfo@lasierra.edu or call 951.785.2380.*