

Mary M Knight School District and SPSCC Dual Credit Options for Running Start | 2025-2026

Students should check with their high school counselor for the specific credits they need to complete in order to earn a high school diploma. Five college credits is equal to 1 high school credit. Application of credits toward graduation requirements is determined by the high school. Failure to meet with the high school counselor on a regular basis could result in not meeting these requirements.

High School Requirement	MMK Credit	Equiv. College Credit	SPSCC Course Options
English			
English 11	1	5	ENGL& 101
English 12	1	5	ENGL& 101+ or CMST 220
Social Studies			
World Studies	1	5	HIST&126, HIST&127, HIST&128, HIST&215, HIST 250, IIS 130, 210, HUM& 121, 140, 220, or 240
US History	1	5	HIST& 146, 147 or 148
Civics/Current World Problems	1	5	POLS& 101, 202 or 203
Social Studies Elective	1	5	<i>Taking POLS& options above satisfy BOTH Civics and Senior social studies credit. If Civics is already completed, any course in the SPSCC Social Sciences Distribution.</i>
Math			
3rd Math Credit	1	5	MATH 101+
<i>Note: Students are encouraged to complete Integrated III at the high school before attempting to place for college math. MATH 101 is a non-transferable quantitative course to four year schools. CMATH 107, CMATH 146 and AMATH 141 are tuition paid by the student. High School 3rd math credit is only awarded if credit earned from A/CMATH is transcribed at MATH 107, 146 or 141. Check with SPSCC for more information.</i>			
Science			
Lab Science	1	5	Any course in the SPSCC Natural Science Distribution with a LAB designation
Science Elective	1	5	Any other course in the SPSCC Natural Sciences Distribution (including additional lab science courses)
Health	0.5	3	PE 180 or NUTR&101
<i>Note: PE 180 will count 0.5 health credit and 0.5 PE credit and is for students who have not yet met the health requirement</i>			
PE	1.5	8	PE 140 and 180
Arts	1	5	ART, DRMA , and MUSC 101+ (be mindful of credits)
Art/PPR	1	5	See your HS Counselor for your PPR requirements
World Language/PPR	2	10	ASL&121+ (excludes ASL 250), CHIN& 121+, FRCH& 121+, GERM& 121+, JAPN& 121+, SPAN& 121+ or other PPR approved by High School Counselor
Career and Technical Education	1	5	See high school counselor for the list of approved MMK equivalencies. Preapproval is required for pathway use.
Washington State History	NA	5	HIST&214
<i>Note: Washington State History is a non-credit graduation requirement, credit will be applied in Electives</i>			
High School & Beyond Plan			
<i>High School & Beyond Plan (HSBP) is a non-credit graduation requirement that must be completed in SchoolLinks. Running Start students who plan to earn an Associate Degree by graduation must take CCS 101 at SPSCC within the first two quarters of enrollment. CCS 102 or 103 is recommended to be taken the same quarter as CCS 101. The course content from the CCS classes supports the required tasks in SchoolLinks for the HSBP. Please see your High School Counselor for more information about HSBP requirements. Please see your Educational Planner for more information about the CCS courses. Non-degree seeking students must apply for a CCS waiver at SPSCC or they will be blocked from registration after their first two quarters.</i>			
Elective	varies	varies	Any course the student meets the prerequisite for at SPSCC