

## TITLE OF MAJOR SAMPLE SEQUENCE OF COURSES FALL 2019 OR LATER MATRICULATION

UConn Graduation Requirements – Are found at [catalog.uconn.edu](http://catalog.uconn.edu) these include major and general education requirements (Content Areas: 1, 2, 3 and 4, Writing, Quantitative, \*\*Foreign Language and Environmental Literacy).

Students normally average 15 credits per semester over a 4-year period (fall/spring only) to meet the 120 academic credits required.

<b>FRESHMAN YEAR</b>				
<b>FALL (Semester 1)</b>			<b>SPRING (Semester 2)</b>	
BIOL 1107 (CA 3)	4		PSYC 1100	3
KINS 1100 Exercise and Wellness for Everyone	3		BIOL 1108	4
ENGL 1010 or 1011	4		CHEM 1128Q	4
CHEM 1127Q (CA 3)	4		MATH 1060Q or 1131Q	3 or 4
UNIV 1800/1810 (FYE)	1		KINS 1160 First Aid and CPR	1
<i>Total credits: 15</i>			<i>Total credits: 15 or 16</i>	
<b>SUMMER SESSION</b>				
ELECTIVE/Foreign Language**	3 or 4			
<i>Total credits: 3 or 4</i>				
<b>SOPHOMORE YEAR</b> (Non-Freshmen admitting <u>MAJORS</u> can indicate separate application deadline ( <u>DATE</u> ), and info. <u>HERE</u> .)				
<b>FALL (Semester 3)</b>			<b>SPRING (Semester 4)</b>	
KINS 2227 Exercise Prescription	3		PHYS 1202Q	4
PHYS 1201Q	4		PNB 2265	4
PNB 2264	4		GEN ED (CA 2)	3
COMM 1100	3		GEN ED (CA 4)	3
GEN ED (CA 1)	3		NUSC 1165	3
<i>Total credits: 16</i>			<i>Total credits: 17</i>	
<b>JUNIOR YEAR</b> (If considering <u>Education Abroad</u> , the Spring semester of the junior year is recommended in some majors).				
<b>FALL (Semester 5)</b>			<b>SPRING (Semester 6)</b>	
KINS 3522 Biomechanics	3		KINS 1160 Free Weight Training	1
KINS 4500 Exercise Physiology	3		KINS 4510 W Advanced Topics in Health/Sport	3
CHEM 2241 or CHEM2443 <sup>b</sup>	3		STAT 1000Q or STAT 1100Q	4
GEN ED (CA 1)	3		KINS 3530 (W) Aerobic Training Health/Performance	3
MAJOR Required/Related ELECTIVE	3		MCB 2000 or MCB 3010	4 or 5
<i>Total credits: 15</i>			<i>Total credits: 15 or 16</i>	
<b>SENIOR YEAR</b>				
<b>FALL (Semester 7)</b>			<b>SPRING (Semester 8)</b>	
KINS 3545(W) Resistance Training Health/Performance	3		KINS 3320 Exercise Psychology	3
MAJOR Required/Related ELECTIVE	3		KINS 4205 W Exercise is Medicine Capstone	3
MAJOR Required/Related ELECTIVE	3		GEN ED (CA 2)	3
MAJOR Required/Related ELECTIVE	3		MAJOR Required/Related ELECTIVE	3
GEN ED (CA 4)	3		MAJOR Required/Related ELECTIVE	3
<i>Total credits: 15</i>			<i>Total Credits: 15</i>	
*This General Education Requirement may also meets a major requirement.				

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<b>FRESHMAN YEAR</b>
**Required if student has not met the University requirement of three years of a single foreign language in high school.
Students can elect to enroll in <i>Summer/Winter sessions</i> . Course options can be found at <a href="http://summerwinter.uconn.edu">summerwinter.uconn.edu</a> . Students interested in <a href="#">Education Abroad</a> should discuss options (semester, winter or summer) with major advisor.

SAMPLE