

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

Sport Health Curriculum Exercise Science Program Academic Year 2022-2023

UConn Graduation Requirements – Are found at 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.*

FRESHMAN YEAR				
FALL (Semester 1)			SPRING (Semester 2)	
BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I	4		PSYC 1100 General Psychology I	3
KINS 1100 Exercise and Wellness for Everyone	3		BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I	4
ENGL 1007 Writing and Multimodal Composition	4		GEN ED CA-1	3
HDFS 1070 (CA-2)	3		MATH 1060Q Pre-Calculus (<i>needed for PHYS 1201Q</i>)	3
UNIV 1800/1810 (FYE)	1		KINS 1160 First Aid and CPR	1
<i>Total credits: 15</i>			<i>Total credits: 14</i>	
SUMMER SESSION				
ELECTIVE/Foreign Language**	3 or 4			
<i>Total credits: 3 or 4</i>				
SOPHOMORE YEAR				
FALL (Semester 3)			SPRING (Semester 4)	
KINS 2227 Exercise Prescription	3		STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics	4
PHYS 1201Q General Physics 1	4		PNB 2265 Anatomy Physiology II	4
PNB 2264 Anatomy Physiology 1 (must complete CHEM 1127, BIOL 1107)	4		GEN ED (CA 1)	3
AH 2001 Medical Terminology	2		GEN ED (CA 4)	3
PYSC 1101 (CA-2) General Psychology II	3		NUSC 1165 Fundamentals of Nutrition	3
<i>Total credits: 15</i>			<i>Total credits: 17</i>	
JUNIOR YEAR (<i>If considering Education Abroad, the Spring semester of the junior year is recommended in some majors.</i>)				
FALL (Semester 5)			SPRING (Semester 6)	
KINS 3522 Biomechanics (<i>must complete PNB 2264/2265, recommended PHYS 1201Q</i>)	3		KINS 1160 Free Weight Training	1
KINS 4500 Exercise Physiology (<i>must complete PNB 2264/2265</i>)	3		KINS 4510 (W) Advanced Topics in Health/Sport	3
KINS 2200 Introduction to Athletic Training	3		COMM 1100 Public Speaking	3
GEN ED (CA 4)	3		KINS 3530 (W) Aerobic Training Health/Performance (<i>must take KINS 4500</i>)	3
Environmental Literacy Course	3		KINS 3212 Field Experiences	3
<i>Total credits: 15</i>			<i>Total credits: 15 or 16</i>	
SENIOR YEAR				
FALL (Semester 7)			SPRING (Semester 8)	
KINS 3545(W) Resistance Training Health/Performance (<i>must take KINS 4500</i>)	3		KINS 3320 Exercise Psychology	3
NUSC 4250 Sports Nutrition (<i>must take PNB 2264, 2264; NUSC 1165</i>)	3		KINS 4205 W Exercise is Medicine Capstone	3
KINS 3222 Mind, Body, Sport Performance (<i>must take PYSC 1100</i>)	3		PSYC 2400 Developmental Psychology (<i>must take PYSC 1100, 1101</i>)	3
MAJOR Required/Related ELECTIVE	3		MAJOR Required/Related ELECTIVE	3
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FRESHMAN YEAR			
<i>Total credits: 15</i>		<i>Total Credits: 15</i>	
**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 summerwinter.uconn.edu . Students interested in Education Abroad should discuss options (semester, winter or summer) with major advisor.			

Cognate Elective Courses (concentrations)	
Health & Wellness Cognate Area	
AH 3101 Health and Wellness for Life	3
AH 3202 Aging: Implications for Health Professionals	3
AH 3231 Program Planning for Health Promotion	3
AH 3234 Fitness for Health	3
Sport Nutrition	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
Other	
PSYC 2300 Abnormal Psychology	3
PSYC 2200 Physiological Psychology	3
MCB 2400 Human Genetics	3
MCB 2410 Genetics	3
NUSC 2200 Nutrition and Human Development	2