

# UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

## Sport Performance Curriculum Exercise Science Program Academic Year 2022-2023

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 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 1202Q</i> )	3
UNIV 1800/1810 (FYE)	1		KINS 1160 First Aid and CPR	1
<i>Total credits: 15</i>			<i>Total credits: 14</i>	
<b>SUMMER SESSION</b>				
ELECTIVE/Foreign Language**	3 or 4			
<i>Total credits: 3 or 4</i>				
<b>SOPHOMORE YEAR</b>				
<b>FALL (Semester 3)</b>			<b>SPRING (Semester 4)</b>	
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( <i>must complete BIOL 1107/CHEM 1127</i> )	4		GEN ED (CA 1)	3
ACCT 2001 Principles of Financial Accounting	3		GEN ED (CA 4)	3
PYSC 1101 (CA-2) <i>General Psychology II</i>	3		NUSC 1165 Fundamentals of Nutrition	3
<i>Total credits: 16</i>			<i>Total credits: 17</i>	
<b>JUNIOR YEAR</b> ( <i>If considering <a href="#">Education Abroad</a>, the Spring semester of the junior year is recommended in some majors.</i> )				
<b>FALL (Semester 5)</b>			<b>SPRING (Semester 6)</b>	
KINS 3522 Biomechanics	3		KINS 1160 Free Weight Training	1
KINS 4500 Exercise Physiology ( <i>must complete PNB 2265/2265</i> )	3		KINS 4510 (W) Advanced Topics in Health/Sport ( <i>must complete KINS 4500</i> )	3
PSYC 2400 Developmental Psychology ( <i>complete PSYC 1100,1101</i> )	3		COMM 1100 Public Speaking	3
GEN ED (CA 4)	3		KINS 3530 (W) Aerobic Training Health/Performance ( <i>must complete 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>	
<b>SENIOR YEAR</b>				
<b>FALL (Semester 7)</b>			<b>SPRING (Semester 8)</b>	

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>				
KINS 3545(W) Resistance Training Health/Performance (must complete KINS 4500)	3		KINS 3320 Exercise Psychology	3
NUSC 4250 Sports Nutrition (must take PNB 2264/2265, NUSC 1165)	3		KINS 4205 W Exercise is Medicine Capstone	3
KINS 3222 Mind, Body, Sport Performance (must take PSYC 1100)	3		NUSC 2200 Nutrition and Human Development	3
MAJOR Required/Related ELECTIVE	3		MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3		MAJOR Required/Related ELECTIVE	3
<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 <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.				

<b>Cognate Elective Courses (concentrations)</b>	
<b>Health &amp; Wellness Cognate Area</b>	
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
<b>Data Science/Analytics</b>	
OPIM 3221 Business Database Systems	3
OPIM 3802 Data and Text Mining	3
OPIM 3803 Spreadsheet Modeling for Business Analysis	3
OPIM 3804 Data Visualization	3
<b>Sport Nutrition</b>	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
<b>Other</b>	
PSYC 2300 Abnormal Psychology	3
PSYC 2200 Physiological Psychology	3
MCB 2400 Human Genetics	3
MCB 2410 Genetics	3
AH 2001 Medical Terminology	2
KINS 2200 Introduction to Athletic Training	3