

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

Exercise Science (Standard Plan)

Academic Year 2023-2024

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 Biology I	4		PSYC 1100 General Psychology I	3
KINS 1100 Exercise and Wellness for Everyone	3		BIOL 1108 General Biology II	4
ENGL 1007 Writing and Multimodal Composition	4		CHEM 1128Q General Chemistry II	4
CHEM 1127Q General Chemistry 1	4		MATH 1060Q Pre-Calculus or 1131Q Calculus (*needed for PHYS1201Q)	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>	
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		PHYS 1202Q General Physics II	4
PHYS 1201Q General Physics I	4		PNB 2265 Anatomy and Physiology II	4
PNB 2264 Anatomy and Physiology I (<i>must complete BIOL1107/CHEM1127</i>)	4		GEN ED (CA 2) <i>Suggested-PYSC 1101</i>	3
COMM 1100 Public Speaking	3		GEN ED (CA 4)	3
GEN ED (CA 1)	3		NUSC 1165 Fundamental of Nutrition	3
<i>Total credits: 16</i>			<i>Total credits: 17</i>	
JUNIOR YEAR (If considering Education Abroad , the Spring semester of the junior year is recommended in some majors).				
FALL (Semester 5)			SPRING (Semester 6)	
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/CHEM2443 ^b Organic Chemistry	3		STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics	4
GEN ED (CA 1)	3		KINS 3530 (W) Aerobic Training Health/Performance	3
MAJOR Required/Related ELECTIVE	3		MCB 2000 or MCB 3010 Introduction to Microbiology	4 or 5
<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	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>	

Common Related Elective Courses	
KINS 3212 Experiences in Athletic Training and Healthcare	3
KINS 3222 Mind, Body, and Sport Performance	3
KINS 3099 Independent Study	3
NUSC 4250 Sport Nutrition	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
AH 3101 Health & Wellness for Life	3
AH 3231 Program Planning for Health Promotion	3
AH 3234 Fitness for Health	3
PSYC 2200 Physiological Psychology	3
*PSYC 2300 Abnormal Psychology	3
*PSYC 2400 Developmental Psychology	3
MCB 2410 Genetics	3

*Must take PYSC 1101 or 1103 (CA-2 course)

SAMPLE