

## Exercise Science: Pre-Medical Sciences Concentration SAMPLE SEQUENCE OF COURSES, 2024-2025

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.

### **FRESHMAN YEAR**

#### **FALL (Semester 1)**

BIOL 1107 Principles of Biology I	4
KINS 1100 Exercise and Wellness for Everyone	3
CHEM 1127Q General Chemistry I	4
ENGL 1007 Writing and Multimodal Composition	4
UNIV 1800/1810 (FYE)	1
<i>Total credits: 16</i>	

#### **SPRING (Semester 2)**

BIOL 1108 Principles of Biology II	4
PSYC 1100 General Psychology I	3
CHEM 1128Q General Chemistry II	4
MATH 1131Q Calculus	4
<i>Total credits: 15</i>	

#### **SUMMER SESSION**

ELECTIVE/Foreign Language**	3 or 4
<i>Total credits: 3 or 4</i>	

### **SOPHOMORE YEAR**

#### **FALL (Semester 3)**

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics I	4
PNB 2264 Anatomy Physiology 1	4
COMM 1100 Public Speaking	3
GEN ED (CA 1)	3
<i>Total credits: 17</i>	

#### **SPRING (Semester 4)**

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy Physiology II	4
GEN ED (CA 2) Suggested-PYSC 1101	3
GEN ED (CA 4)	3
NUSC 1165 Fundamentals of Nutrition	3
<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)**

KINS 3522 Biomechanics	3
KINS 4500 Exercise Physiology	3
CHEM2443 Organic Chemistry	3
GEN ED (CA 1)	1
MCB 2400 Human Genetics OR 2410 Genetics	3
<i>Total credits: 15</i>	

KINS 4510 Advanced Topics in Health/Sport	3
KINS 4511W- optional W course	1
STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics	4
KINS 3530 Aerobic Training Health/Performance	3
KINS 3531W- optional W course	1
MCB 2000 or MCB 3010 Introduction to Biochemistry	4 or 5
<i>Total credits: 15 - 17</i>	

### **SENIOR YEAR**

#### **FALL (Semester 7)**

KINS 3545 Resistance Training Health/ Performance	3
KINS 3546 W- optional W course	1
MCB 4211 Immunology	3
CHEM 2444 Organic Chemistry	3
GEN ED (CA 4)	3
Environmental Literacy Course	3
<i>Total credits: 15-16</i>	

#### **SPRING (Semester 8)**

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
GEN ED (CA 2)	3
CHEM 2445 Organic Chemistry Lab	3
MCB 2610 Fundamentals of Microbiology	4
<i>Total Credits: 16</i>	

<b>Common Related Elective Courses</b>	
KINS 3212 Experiences in Athletic Training and Healthcare	3
KINS 3222 Mind, Body, and Sport Performance	3
KINS 3098/3099 Independent Study	1-3
KINS 3098 Sports Medicine Study Abroad	3
KINS 3550 Exercise Prescription for Special Populations	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

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

Students should work with their departmental honor's academic advisor and refer to [aamc.org](http://aamc.org) and [premed.uconn.edu](http://premed.uconn.edu) for guidance on pre-medical requirements to include in the Plan of Study. The schedule of courses should be designed with preparation for the MCAT (medical college admissions test) timing in mind for students intending to apply to medical school.