

## Exercise Science: Sports Health 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 OR CHEM 1127Q General Biology I or General Chemistry I	4
KINS 1100 Exercise and Wellness for Everyone	3
ENGL 1007 Writing and Multimodal Composition	4
HDFS 1070 (CA-2)	3
UNIV 1800/1810 (FYE)	1

Total credits: 15

#### SPRING (Semester 2)

BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I	4
PSYC 1100 General Psychology I	3
GEN ED CA-1	3
MATH 1060Q Pre-Calculus	3

Total credits: 13

### SUMMER SESSION

ELECTIVE/Foreign Language**	3 or 4
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Total credits: 3 or 4

### SOPHOMORE YEAR

#### FALL (Semester 3)

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics 1	4
PNB 2264 Anatomy Physiology 1	4
PYSC 1101 (CA-2) General Psychology II	

Total credits: 17

#### SPRING (Semester 4)

STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics	4
PNB 2265 Anatomy Physiology II	4
NUSC 1165 Fundamentals of Nutrition	3
GEN ED (CA 4)	3

Total credits: 14

**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
KINS 2200 Introduction to Athletic Training	3
GEN ED (CA 4)	3
Environmental Literacy Course	3
KINS 1200 Fundamentals of Exercise Testing	1
AH 2001 Medical Terminology	2

Total credits: 17

#### SPRING (Semester 6)

KINS 4510- Advanced Topics in Health/Sport	3
KINS 4511W- optional W course	1
COMM 1100 Public Speaking	3
KINS 3530- Aerobic Training Health/Performance	3
KINS 3531W- optional W course	1
KINS 3212 Field Experiences in Rehab, Health Care and Sport	3
GEN ED (CA 1)	3

Total credits: 15-16

### SENIOR YEAR

#### FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance	3
KINS 3546 W- optional W course	1
NUSC 4250 Sports Nutrition	3
KINS 3222 Mind, Body, Sport Performance	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total credits: 15-16

#### SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
PSYC 2400 Developmental Psychology	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total Credits: 15

<b>Common Related Elective Courses</b>	
<b>Health &amp; Wellness</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>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
NUSC 2200 Nutrition and Human Development	2
KINS 3098/3099 Independent Study	1-3
KINS 3098 Sports Medicine Study Abroad	3
KINS 3550 Exercise Prescription for Special Populations	3

Related Elective Courses include credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC that are above >2000 level and not otherwise required for the concentration. Students should work with their academic advisors to choose these based on academic and career goals.