

Exercise Science: Sport Performance Concentration SAMPLE SEQUENCE OF COURSES, 2024-2025

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)

BIOL 1107 OR CHEM 1127Q	4
General Biology I or General Chemistry I	
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
<i>Total credits: 15</i>	

SPRING (Semester 2)

BIOL 1107 OR CHEM 1127Q General Biology I or	4
General Chemistry I	
PSYC 1100 General Psychology I	3
GEN ED CA-1	3
MATH 1060Q Pre-Calculus	3
<i>Total credits: 13</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 1	4
PNB 2264 Anatomy Physiology 1	4
ACCT 2001 Principles of Financial Accounting	3
PYSC 1101 (CA-2) General Psychology II	3
<i>Total credits: 17</i>	

SPRING (Semester 4)

STAT 1000Q Introduction to Statistic I or STAT	4
1100Q Elementary Concepts of Statistics	
PNB 2265 Anatomy Physiology II	4
GEN ED (CA 1)	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
PSYC 2400 Developmental Psychology	3
GEN ED (CA 4)	3
Environmental Literacy Course	3
<i>Total credits: 15</i>	

SPRING (Semester 6)

KINS 4510 Advanced Topics in Health/Sport	3
KINS 4511W- <i>optional W course</i>	1
COMM 1100 Public Speaking	3
KINS 3530 Aerobic Training Health/Performance	3
KINS 3531W- <i>optional W course</i>	1
KINS 3212 Field Experiences	3
<i>Total credits: 12-13</i>	

SENIOR YEAR

FALL (Semester 7)

KINS 3545 Resistance Training Health/Performance	3
KINS 3546 W- <i>optional W course</i>	1
NUSC 4250 Sports Nutrition	3
KINS 3222 Mind, Body, Sport Performance	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3
<i>Total credits: 15-16</i>	

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
NUSC 2200 Nutrition and Human Development	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3
<i>Total Credits: 15</i>	

Common Related Elective Courses	
<i>Health & Wellness Cognate Area</i>	
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
<i>Data Science/Analytics</i>	
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
<i>Sport Nutrition</i>	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
<i>Other</i>	
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
KINS 3550 Exercise Prescription for Special Populations	3
KINS 3098/3099 Independent Study	1-3
KINS 3098 Spring Break Sports Medicine Study Abroad	3

Related Elective Courses include credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC. AH, NUSC, and OPIM 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.