

Exercise Science: Standard Plan 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 Biology I	4
KINS 1100 Exercise and Wellness for Everyone	3
ENGL 1007 Writing and Multimodal Composition	4
CHEM 1127Q General Chemistry 1	4
UNIV 1800/1810 (FYE)	1

Total credits: 16

SPRING (Semester 2)

BIOL 1108 General Biology II	4
KINS 1300 Fundamental of Resistance Training	1
MATH 1060Q Pre-Calculus or 1131Q Calculus (*needed for PHYS1201Q)	3 or 4
CHEM 1128Q General Chemistry II	4
PSYC 1100 General Psychology I	3

Total credits: 15 or 16

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 I	4
PNB 2264 Anatomy and Physiology I (must complete BIOL1107/CHEM1127)	4
COMM 1100 Public Speaking	3

Total credits: 14

SPRING (Semester 4)

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy and Physiology II	4
GEN ED (CA 2) Suggested-PYSC 1101	3
STAT 1000Q or 1100Q	4

Total credits: 15

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
NUSC 1165 Fundamentals of Nutrition	3
GEN ED (CA 1)	3
GEN ED (CA 4)	3

Total credits: 15

SPRING (Semester 6)

KINS 4510 Advanced Topics in Health/Sport	3
KINS 4511W- optional W course	1
KINS 3530 Aerobic Training Health/ Performance	3
KINS 3531W- optional W course	1
KINS 3212 Field Experiences in Rehab, Health Care and Sport	3
E Course	3
MAJOR Required/Related ELECTIVE	3

Total credits: 15-16

SENIOR YEAR

FALL (Semester 7)

KINS 3545 Resistance Training Health/ Performance	3
KINS 3546 W- optional W course	1
GEN ED (CA 1)	3
KINS 3222 Mind, Body, and Sport	3
MAJOR Required/Related ELECTIVE	3
GEN ED (CA 4)	3

Total credits: 15-16

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
GEN ED (CA 2)	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total Credits: 15

Common Related Elective Courses	
CHEM 2241 Organic Chemistry **	3
KINS 2200 Introduction to Athletic Training	3
KINS 3098/3099 Independent Study	1-3
KINS 3098 Sports Medicine Study Abroad	3
KINS 3550 Exercise Prescription for Special Populations	3
NUSC 3320 Community Nutrition	3
NUSC 4250 Sport Nutrition**	3
NUSC 4236 Nutritional Biochemistry and Metabolism**	3
PSYC 2200 Physiological Psychology	3
PSYC 2300 Abnormal Psychology*	3
PSYC 2400 Developmental Psychology*	3
MCB 2410 Genetics	3
MCB 2000 Biochemistry**	4

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

**Required courses for Minor in Sport Nutrition

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