

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

Exercise Science: Pre-Medical Sciences Concentration SAMPLE SEQUENCE OF COURSES

[UConn Graduation Requirements](#) – These include major and [Common Curriculum](#) general education requirements, Topics of Inquiry (TOI) 1-6). *Students normally average 15 credits per semester over 4 years (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 |
| TOI 1: <i>Suggested DMD 2020 or EPSY 1450W or EPSY 1380</i> | 3 |
| <i>Total credits: 17</i> | |

SPRING (Semester 4)

| | |
|---|---|
| PHYS 1202Q General Physics II | 4 |
| PNB 2265 Anatomy Physiology II | 4 |
| TOI 5: <i>Suggested-PYSC 1101</i> | 3 |
| KINS 3550 Exercise Prescription of Special Pops | 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)

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|--|---|
| KINS 3522 Biomechanics | 3 |
| KINS 4500 Exercise Physiology | 3 |
| CHEM2443 Organic Chemistry | 3 |
| MCB 2400 Human Genetics OR 2410 Genetics | 3 |
| KINS 1200 Fundamentals of Exercise Testing | 1 |
| TOI 2: <i>Suggested HDFS 2001</i> | 3 |
| <i>Total credits: 16</i> | |

SPRING (Semester 6)

| | |
|---|--------|
| KINS 4510 Advanced Topics in Health/Sport | 3 |
| KINS 3530 Aerobic Training Health/Performance | 3 |
| KINS 3531W or KINS 4511W- <i>optional W course</i> | 1 |
| KINS 3212 Field Experiences in Rehab, Health Care and Sport | 3 |
| MCB 2000 or MCB 3010 Introduction to Biochemistry | 4 or 5 |
| <i>Total credits: 14-15</i> | |

SENIOR YEAR

FALL (Semester 7)

| | |
|---|---|
| KINS 3545 Resistance Training Health/ Performance | 3 |
| KINS 3546 W- optional W course | 1 |
| KINS 1300 Fundamentals of Resistance Training | 1 |
| CHEM 2444 Organic Chemistry | 3 |
| TOI 3: <i>Suggested SOC 1251 or SOC 1501</i> | 3 |
| TOI 4: <i>Suggested ARE 1110E</i> | 3 |
| <i>Total credits: 13-14</i> | |

SPRING (Semester 8)

| | |
|---|---|
| KINS 3320 Exercise Psychology | 3 |
| KINS 4206W Scientific Writing in Exercise Science | 1 |
| KINS 4204 Exercise Science Capstone | 2 |
| CHEM 2445 Organic Chemistry Lab | 3 |
| STAT 1000Q Introduction to Statistics I or STAT 1100Q Elementary Concepts of Statistics | 4 |
| <i>Total credits: 13</i> | |

Students should work with their departmental honor's academic advisor and refer to [AAMC](#) and [UConn Pre-Medical Advising](#) 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.

Students completing the pre-medical science concentration are *encouraged* to complete a [MCB minor](#) including the following additional courses:

- MCB 2210 Cell Biology
- MCB 2610 Fundamentals of Microbiology
- MCB 4211 Basic Immunology

Students can elect to enroll in *Summer/Winter sessions*. Course options can be found at summerwinter.uconn.edu.

Students interested in [Education Abroad](#) should discuss options (semester, winter or summer) with major advisor.

Additional elective courses students may consider:

| Common Related Elective Courses | |
|---|-----|
| KINS 3222 Mental Health in Sport | 3 |
| KINS 3098/3099 Independent Study | 1-3 |
| KINS 3098 Sports Medicine Study Abroad | 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 |