

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

Exercise Science: Sports Health & Performance 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 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
UNIV 1800/1810 (FYE)	1
NUSC 1165 Fundamentals of Nutrition	3
<i>Total credits: 15</i>	

SPRING (Semester 2)

BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I	4
PSYC 1100 General Psychology I	3
MATH 1060Q Pre-Calculus	3
TOI 2: <i>Suggested HDFS 2001</i>	3
KINS 1300 Fundamental of Resistance Training	1
<i>Total credits: 14</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
PYSC 1101 (TOI 5) General Psychology II	3
ACCT 2001 Principles of Financial Accounting	2
<i>Total credits: 17</i>	

SPRING (Semester 4)

KINS 3550 Exercise Prescription for Special Pops	3
PNB 2265 Anatomy Physiology II	4
COMM 1100 Public Speaking	3
TOI 4: <i>Suggested ARE 1110E</i>	3
STAT 1000Q Introduction to Statistics I or STAT 1100Q Elementary Concepts of Statistics	4
<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
KINS 2200 Introduction to Athletic Training	3
KINS 1200 Fundamentals of Exercise Testing	1
TOI 1: <i>Suggested DMD 2020 or EPSY 1450W or EPSY 1380</i>	3
<i>Total credits: 13</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	3
MAJOR Required/Related ELECTIVE	3
<i>Total credits: 12-13</i>	

SENIOR YEAR

FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance	3
KINS 3546 W- <i>optional W course</i>	1
NUSC 4250 Sports Nutrition	3
KINS 3222 Mental Health in Sport	3
MAJOR Required/Related ELECTIVE	3
TOI 3: <i>Suggested SOC 1251 or SOC 1501</i>	3
<i>Total credits: 15-16</i>	

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4206W Scientific Writing in Exercise Science	1
KINS 4204 Exercise Science Capstone	2
PSYC 2400 Developmental Psychology	3
MAJOR Required/Related ELECTIVE	3
<i>Total credits: 15</i>	

Related Elective Courses include 9 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.

Other courses may be used to meet this requirement pending advisor and department head approval. Students selecting [KINS 3098](#) Variable Topics or [KINS 3099](#) Independent Study for Undergraduates for related/cognate courses, can use up to three credits to satisfy this degree requirement.

Common Related Elective Courses	
Health & Wellness	
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
Sport Nutrition	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
Other	
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
HDFS 1070 Individual and Family Development	3
AH 2001 Medical Terminology	2

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.