

## Exercise Science: Standard Plan 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 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
PSYC 1100 General Psychology I	3
MATH 1060Q Pre-Calculus or 1131Q Calculus (*needed for PHYS1201Q)	3 or 4
CHEM 1128Q General Chemistry II	4

*Total credits: 14- 15*

#### **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
NUSC 1165 Fundamentals of Nutrition	3

*Total credits: 14*

#### ***SPRING (Semester 4)***

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy and Physiology II	4
TOI 5: <i>Suggested-PYSC 1101</i>	3
KINS 3550 Exercise Prescription for Special Pops	3
KINS 1300 Fundamental of Resistance Training	1

*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 4250 Sport Nutrition	3
TOI 1: <i>Suggested DMD 2020 or EPSY 1450W or EPSY 1380</i>	3
TOI 2: <i>Suggested HDFS 2001</i>	3
KINS 1200 Fundamentals of Exercise Testing	1

*Total credits: 16*

#### ***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
TOI 4: <i>Suggested ARE 1110E</i>	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
TOI 3: <i>Suggested SOC 1251 or SOC 1501</i>	3
KINS 3222 Mental Health in Sport	3
MAJOR Required/Related ELECTIVE	3

*Total credits: 12-13*

#### ***SPRING (Semester 8)***

KINS 3320 Exercise Psychology	3
KINS 4204 Exercise Science Capstone	2
KINS 4206W Scientific Writing in Exercise Science	1
COMM 1100 Public Speaking	3
MAJOR Required/Related ELECTIVE	1-3
STAT 1000Q Introduction to Statistics I or STAT 1100Q Elementary Concepts of Statistics	4

*Total credits: 14-16*

**Related Elective Courses** include 10 credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, PNB, PSYC, SOCI that are above >2000 level and not otherwise required for the concentration. Students should work with their academic advisors to choose 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.

<b>Common Related Elective Courses</b>	
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
NUSC 3320 Community 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

\*PYSC 1101 prerequisite (TOI 5), \*\*Required courses for Minor in Sport Nutrition

Students can elect to enroll in *Summer/Winter sessions*. Course options can be found at [summerwinter.uconn.edu](http://summerwinter.uconn.edu) .

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