

#### PLAN OF STUDY FORM

Catalog Year 2019-2020 EXERCISE SCIENCE

#### **DIRECTIONS**

Department Head's Signature

- This Plan of Study (plan) is used as a worksheet during initial registration and every subsequent semester to determine
  minimum requirements and progress toward completing the degree. A preliminary plan is developed and submitted to the
  advisor by the end of the sophomore year (or equivalent time for transfer students).
- A final plan must be approved by advisor and the department head, and submitted to the Degree Auditor in the Registrars Office (1<sup>st</sup> floor, Wilbur Cross Building) no later than the end of the tenth week of classes of the semester prior to the anticipated semester of graduation.
- Students must complete all major and general education course requirements and earn:

At least 120 credits toward the degree

At least a 2.0 Cumulative Grade Point Average (CGPA)

At least a 2.0 Grade Point Average for ALL courses listed in the 36 Credit Requirement

- University of Connecticut General Education Requirements (GER), are outlined in the Academic Regulations section of the Undergraduate Catalog. Only approved courses may be used to meet requirements.
- Students should use their Academic Requirements Report (accessible in Student Admin) along with the Plan of Study to view their graduation requirements and assess status toward degree. Students must be attentive to credit restrictions (repeated courses, out of sequence classes, etc.). Courses taken Pass/Fail may NOT be used to meet any requirements.

## STUDENT AND DEGREE INFORMATION ☐ Preliminary Plan ☐ Final Plan Select One: Must be filed out complete on your final plan of study. \_\_ Student I.D.: \_\_\_\_\_ Name\_ \_\_\_\_\_ Email Address: \_\_ Phone #: \_ Current Address: —— City/Town State Zio Code ☐ May ☐ August December Month and Year of Anticipated Graduation: Year: \_\_\_ Are you pursuing a double major in CAHNR: ☐Yes ☐ No If YES, submit Double Major Attachment with final plans of study Please list below any minors that you plan to earn and submit a final minor plan of study with your final major plan of study. □No At the completion of semester you intend to graduate, will you have earned 120 or more credits? LiYes APPROVAL SIGNATURES Student Signature Advisor Signature

# PART I: GENERAL EDUCATION REQUIREMENTS (GER) 1

Courses approved to meet GER are outlined in the Academic Regulations section of the *Undergraduate Catalog*.

Courses in Content Areas 1-3 must be in 6 different departments.

One course from Content Area 4 may be used to fulfill a requirement in Content Areas 1-3.

Cont	ent Area	Dept.	Course No.	Credits	Semester/Year	Grade		
	Foreign Languages (3 years single language in hi	gh school) O	gh school) OR pass second course in first-year college sequence					
	ENGL 1010 or 1011							
	"W" Course							
	"W" Course (within major)							
	"Q" Course							
	"Q" Course (MATH or STAT)							
	Environmental Literacy (total 3 credits)							
1	Arts & Humanities (total 6 credits)							
'	Arts & Humanities (total o credits)							
2	Social Sciences (total 6 credits)							
	Social Sciences (total o credits)							
3	Science & Technology (total 6 credits – include							
	one 4-credit laboratory course)				/			
4	Diversity & Multiculturalism (total 6 credits – one							
7	must be "International" course)							

**Computer Technology Competency:** See major requirements

Information Literacy Competency: See major requirements

## **EXERCISE SCIENCE**

# PART II: INDIVIDUAL COURSE REQUIREMENTS OF EXERCISE SCIENCE MAJOR<sup>1</sup>

Courses in this section that are numbered 2000-level or above may also be used to meet the 36 Credit Requirement (Part III).

ALL of the following:

ALL of the Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1107	Principles of Biology	4		
BIOL	1108	Principles of Biology	4	/	
CHEM	1127Q	General Chemistry	4	/	
СНЕМ	1128Q	General Chemistry	4		
CHEM	☐ 2241 ☐ or 2443	Organic Chemistry	3		
COMM	1100	Principles of Public Speaking	3		
	□ 1060Q	Precalculus			
MATH	□ <u>or</u> 1131Q	Or Calculus I		/	
	□ 2000	Introduction to Biochemistry			
MCB	☐ or 3010	Biochemistry		/	
NUSC	1165	Fundamentals of Nutrition	3		
PHYS	1201Q	General Physics I	4		
PHYS	1202Q	General Physics II	4		
PNB	2264	Anatomy & Physiology I	4		
PNB	2265	Anatomy & Physiology II	4		
PSYC	1100	General Psychology I	3		
	□ 1000Q	Intro to Statistics I  or Elementary Concepts of Statistics			
STAT	□ <u>or</u> 1100Q				
KINS	1100	Exercise and Wellness for Everyone	3		
KINS	1160	(when taken as Free Weight Training)	1		
KINS	1160	(when taken as First Aid and CPR)	1		
KINS	2227	Exercise Prescription	3		
KINS	3205	Health Fitness Assessment	3		
KINS	3320	Exercise Psychology	3		
KINS	3522	Biomechanics of Injury and Sport	3		
KINS	3530/W	Physiological Assessment of Competitive Athletes	3		
KINS	4205	Exercise is Medicine Capstone	2		

#### **EXERCISE SCIENCE**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
KINS	4500	Physiological Systems in Human Performance	3	/	
KINS	4510/W	Mechanisms and Adaptations in Sport and Exercise	3		

Minimum of 12 credits from Related Electives (4-5 courses):

Dept.	No.	rom Related Electives (4-5 courses):  Course Title	Credits	Semester/Year	Grade
CHEM	□ 2444*	Organic Chemistry			
CHEM	□ 2445*	Organic Chemistry Laboratory			
МСВ	□ 2210	Cell Biology		/	
МСВ	□ 2410	Genetics			
МСВ	□ 2610	Fundamentals of Microbiology		/	
МСВ	□ 3011	Human Metabolism and Disease			
МСВ	□ 3201	Gene Expression		/	
MCB	□ 3219	Developmental and Regenerative Biology			
МСВ	□ 4211	Basic Immunology		/	
NUSC	□ 4250	Nutrition for Exercise and sport			
PVS	□ 4300	Principles of Pathobiology			
PNB	□ 2250	Animal Physiology		-	
PNB	□ 3251	Biology of the Brain			
PNB	□ 3262	Mammalian Endocrinology			
PSYC	□ 2200	Physiological Psychology			
PSYC	□ 3601*	Human Factors Design			

<sup>\*</sup>CHEM 2444 may be used if CHEM 2443 was taken

 $\underline{\textit{Writing Competency}}$ : All students are required to successfully complete two W courses. Courses that will satisfy the W requirement include: KINS 3099W, 3155W, 3165W, 3530W, 3697W and 4510W.

Computer Technology Competency: Satisfied by University entrance expectations.

Information Literacy Competency: Satisfied b required courses for major.

<sup>\*\*</sup>CHEM 2445 may be used if CHEM 2444 was taken concurrently

<sup>\*\*\*</sup>PSYCH 3601 may be used if PSYCH 1101 or 1103 was taken

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## ONLINE PLAN OF STUDY FORM ATTACHMENT

### PART III: 36 CREDIT REQUIREMENT FOR ALL MAJORS<sup>1</sup>

Each student is required to successfully complete at least 36 credits of courses that are numbered 2000-level or above in or relating to their major. These courses may also be used to meet other requirements. This group of courses must:

- 1. Total not less than 36 credits
- 2. Be numbered 2000 or above
- 3. Be approved by student's advisor and department head
- 4. Be taken at the University of Connecticut<sup>2</sup>
- 5. Include two or more departments
- 6. Include at least 15 credits from departments in the College of Agriculture, Health and Natural Resources
- 7. Have a combined Grade Point Average of at least 2.0
- 8. Not include more than 6 credits (combined) of Independent Study, Internship, or Field Studies (if included, these courses must be taken at the University of Connecticut)
- 9. Not be taken on Pass/ Fail (P@ / F@)
- 10. Not include more than 6 credits of Satisfactory/Unsatisfactory (S/U) coursework

Dept.	No.	Credits	Semester/Year	Grade	Dept.	No.	Credits	Semester/Year	Grade
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Credits from departments in CAHNR (15 required):
(CAHNR subject codes include AGNR, AH, ANSC, ARE, DGS, DIET, ENVS, EVST, HORT, KINS, LAND, MLSC, NRE, NUSC, PLSC, PVS, SOIL, SPSS, TURF)
Total Credits in 36 credit group:

<sup>&</sup>lt;sup>1</sup>Courses taken on Pass/Fail may NOT be used to meet any requirements.

<sup>&</sup>lt;sup>2</sup>Residence Requirement. It is expected that advanced course work in the major will be completed at the University of Connecticut. However, students may be eligible to use up-to six credits from other institutions in the 36-credit group if approved by their advisor and department head. These credits must be identified as courses comparable to specific University of Connecticut courses and cannot include internships, special topics, or non-specific discipline credits. Transfer students must complete at least 30 credits of 2000-level or higher course work at the University of Connecticut, including at least 15 credits in College of Agriculture, Health and Natural Resources courses.