## DIRECTIONS

- 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 tothe 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 ( $1^{\text {st }}$ 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 $\mathbf{3 6}$ 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

Must be filed out complete on your final plan of study. $\quad$ Select One: $\quad \square$ Preliminary Plan $\quad \square$ Final Plan


## APPROVAL SIGNATURES

Student Signature
$\overline{\text { Advisor Signature }}$
$\overline{\overline{\text { Department Head's Signature }} \text {. }}$
$\overline{\overline{D a t e}}$
$\overline{\text { Date }}$

The final plan of study must be submitted to the Registrar's Office in the Wilbur Cross Building.
Please remember to keep a copy of the plan for your records.

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.

| Content Area |  | Dept. | Course No. | Credits | Semester/Year | Grade |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\square$ | Foreign Languages (3 years single language in high school) OR pass second course in first-year college sequence |  |  |  |  |  |
| $\square$ |  |  |  |  | - 1 |  |
|  |  |  |  |  | -1-_ |  |
|  | ENGL 1007 or 1010 or 1011 |  |  |  | 1 |  |
|  | "W" Course |  |  |  | - 1 |  |
|  | "W" Course (within major) |  |  |  | 1 |  |
|  | "Q" Course |  |  |  | - 1 |  |
|  | "Q" Course (MATH or STAT) |  |  |  | - 1 |  |
|  | Environmental Literacy (total 3 credits) |  |  |  | - |  |
| 1 | Arts \& Humanities (total 6 credits) |  |  |  | I- |  |
|  |  |  |  |  | - |  |
| 2 | Social Sciences (total 6 credits) |  |  |  | 1 |  |
|  |  |  |  |  | - |  |
| 3 | Science \& Technology (total 6 credits - include one 4-credit laboratory course) |  |  |  | - |  |
|  |  |  |  |  | - 1 |  |
| 4 | Diversity \& Multiculturalism (total 6 credits - one must be "International" course) |  |  |  | -1- |  |
|  |  |  |  |  | - I- |  |

Computer Technology Competency: See major requirements
Information Literacy Competency: See major requirements

## EXERCISE SCIENCE

## PART II: INDIVIDUAL COURSE REQUIREMENTS OF EXERCISE SCIENCE MAJOR ${ }^{1}$

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:

| Dept. | No. | Course Title | Credits | Semester/Year | Grade |
| :---: | :---: | :---: | :---: | :---: | :---: |
| BIOL | 1107 | Principles of Biology I | 4 | [_I_ | - |
| BIOL | 1108 | Principles of Biology II | 4 | [_I_ | - |
| CHEM | 1127Q | General Chemistry I | 4 | - I- | $\square$ |
| CHEM | 1128Q | General Chemistry II | 4 | $\ldots$ | - |
| CHEM | 2241 <br> or 2443 | Organic Chemistry | 3 | - | - |
| COMM | 1100 | Principles of Public Speaking | 3 | $\square$ | $\square$ |
| MATH | 1060Q <br> or 1131Q | Precalculus <br> Or Calculus I | - | $\longrightarrow$ | - |
| MCB | 2000 <br> or 3010 | Introduction to Biochemistry <br> Biochemistry | - | $\square$ | - |
| NUSC | 1165 | Fundamentals of Nutrition | 3 | - 1 | - |
| PHYS | 1201Q | General Physics I | 4 | - | - |
| PHYS | 1202Q | General Physics II | 4 | $\ldots$ | - |
| PNB | 2264 | Anatomy \& Physiology I | 4 | $\square$ | $\square$ |
| PNB | 2265 | Anatomy \& Physiology II | 4 | $\longrightarrow$ | - |
| PSYC | 1100 | General Psychology I | 3 | $\longrightarrow$ | - |
| STAT | 1000Q <br> or 1100Q | Introduction to Statistics I <br> or Elementary Concepts of Statistics | 4 | $\underline{L}$ | - |
| KINS | 1100 | Exercise and Wellness for Everyone | 3 | I | - |
| 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 | 3320 | Exercise Psychology | 3 | - | - |
| KINS | 3522 | Biomechanics of Injury and Sport | 3 | - 1 | $\square$ |
| KINS | 3530/W | Aerobic Training for Health \& Performance | 3 | —_ | - |
| KINS | 3545/W | Resistance Training for Health \& Performance | 3 | $\longrightarrow$ | $\square$ |
| KINS | 4205/W | Exercise Science Capstone | 2 | $\square$ | - |

EXERCISE SCIENCE

| Dept. No. Course Title | Credits | Semester/Year | Grade |  |  |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| KINS | 4500 | Exercise Physiology | 3 | - |  |
| KINS | $4510 / W$ | Exercise Physiology II | 3 | - | - |

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

| Dept. | No. | Course Title | Credits | Semester/Year | Grade |
| :---: | :---: | :---: | :---: | :---: | :---: |
| CHEM | $\square 2444^{*}$ | Organic Chemistry |  |  |  |
| CHEM | $\square$ 2445* | Organic Chemistry Laboratory |  |  |  |
| MCB | $\square 2210$ | Cell Biology |  | - I- | - |
| MCB | $\square 2410$ | Genetics |  |  |  |
| MCB | $\square 2610$ | Fundamentals of Microbiology | - | 1 | - |
| MCB | $\square 3011$ | Human Metabolism and Disease |  |  |  |
| MCB | $\square 3201$ | Gene Expression | - | 1 |  |
| MCB | $\square 3219$ | Developmental and Regenerative Biology |  |  |  |
| MCB | $\square 4211$ | Basic Immunology |  | 1 | - |
| NUSC | $\square 4236$ | Metabolism and Functions of Nutrients |  |  |  |
| NUSC | $\square 4250$ | Nutrition for Exercise and Sport |  | 1 | - |
| PVS | $\square 4300$ | Principles of Pathobiology |  |  |  |
| PNB | $\square 2250$ | Animal Physiology |  |  |  |
| PNB | $\square 3251$ | Biology of the Brain |  |  |  |
| PNB | $\square 3262$ | Mammalian Endocrinology |  |  |  |
| PSYC | $\square 2200$ | Physiological Psychology |  |  |  |
| PSYC | $\square 2300$ | Abnormal Psychology |  |  |  |
| PSYC | $\square 2400$ | Developmental Psychology |  |  |  |
| PSYC | $\square$ 3601* | Human Factors Design |  |  |  |

[^0]Writing Competency: All students are required to successfully complete two W courses. Courses that will satisfy the W requirement include: KINS 3099W, 2530W, 3545W, 3697W, 4205W, and 4510W.

Computer Technology Competency: Satisfied by University entrance expectations.
Information Literacy Competency: Satisfied b required courses for major.

# UCONN COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES 

## ONLINE PLAN OF STUDY FORM ATTACHMENT

## PART III: 36 CREDIT REQUIREMENT FOR ALL MAJORS ${ }^{1}$

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 ${ }^{2}$
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 |
| :---: | :---: | :---: | :---: | :---: |
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|  |  | - | - 1 | - |


| Dept. | No. | Credits | Semester/Year | Grade |
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|  |  | - | I- | - |
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|  |  | - | [ | - |
|  |  |  | I- |  |
|  |  |  | - $/$ |  |
|  |  |  | C |  |
|  |  |  | I- |  |
|  |  |  | $\underline{L}$ | $\square$ |
|  |  |  | - 1 |  |

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:
${ }^{1}$ Courses taken on Pass/Fail may NOT be used to meet any requirements.
${ }^{2}$ 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.


[^0]:    *CHEM 2444 may be used if CHEM 2443 was taken
    **CHEM 2445 may be used if CHEM 2444 was taken concurrently
    ***PSYCH 3601 may be used if PSYCH 1101 or 1103 was taken

