

UCONN | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

PLAN OF STUDY FORM

Catalog Year 2022-2023

EXERCISE SCIENCE

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 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 (1st 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

Must be filed out complete on your final plan of study.

Select One:

Preliminary Plan

Final Plan

Name _____ Student I.D.: _____

First

Middle

Last

Phone #: _____ Email Address: _____

Current Address: _____

Street

City/Town

State

Zio Code

Month and Year of Anticipated Graduation: May August December 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.

At the completion of semester you intend to graduate, will you have earned 120 or more credits? Yes No

APPROVAL SIGNATURES

Student Signature

Date

Advisor Signature

Date

Department Head's Signature

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
<input type="checkbox"/> Foreign Languages (3 years single language in high school) OR pass second course in first-year college sequence					
<input type="checkbox"/>				____ / ____	____
				____ / ____	____
ENGL 1007 or 1010 or 1011				____ / ____	____
"W" Course				____ / ____	____
"W" Course (<i>within major</i>)				____ / ____	____
"Q" Course				____ / ____	____
"Q" Course (<i>MATH or STAT</i>)				____ / ____	____
Environmental Literacy (<i>total 3 credits</i>)				____ / ____	____
1 Arts & Humanities (<i>total 6 credits</i>)				____ / ____	____
				____ / ____	____
2 Social Sciences (<i>total 6 credits</i>)				____ / ____	____
				____ / ____	____
3 Science & Technology (<i>total 6 credits – include one 4-credit laboratory course</i>)				____ / ____	____
				____ / ____	____
4 Diversity & Multiculturalism (<i>total 6 credits – one must be "International" course</i>)				____ / ____	____
				____ / ____	____

Computer Technology Competency: See major requirements

Information Literacy Competency: See major requirements

EXERCISE SCIENCE

PART II: INDIVIDUAL COURSE REQUIREMENTS OF EXERCISE SCIENCE MAJOR¹

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	_____ / _____	_____
CHEM	1127Q	General Chemistry I	4	_____ / _____	_____
COMM	1100	Principles of Public Speaking	3	_____ / _____	_____
MATH	<input type="checkbox"/> 1060Q	Precalculus	_____	_____ / _____	_____
	<input type="checkbox"/> or 1131Q	Or Calculus I			
NUSC	1165	Fundamentals of Nutrition	3	_____ / _____	_____
PHYS	1201Q	General Physics I	4	_____ / _____	_____
PNB	2264	Anatomy & Physiology I	4	_____ / _____	_____
PNB	2265	Anatomy & Physiology II	4	_____ / _____	_____
PSYC	1100	General Psychology I	3	_____ / _____	_____
STAT	<input type="checkbox"/> 1000Q	Introduction to Statistics I	4	_____ / _____	_____
	<input type="checkbox"/> or 1100Q	or Elementary Concepts of Statistics			
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	3320	Exercise Psychology	3	_____ / _____	_____
KINS	3522	Biomechanics of Injury and Sport	3	_____ / _____	_____
KINS	3530/W	Aerobic Training for Health & Performance	3	_____ / _____	_____
KINS	3545/W	Resistance Training for Health & Performance	3	_____ / _____	_____
KINS	4205/W	Exercise Science Capstone	2	_____ / _____	_____
KINS	4500	Exercise Physiology	3	_____ / _____	_____
KINS	4510/W	Exercise Physiology II	3	_____ / _____	_____

EXERCISE SCIENCE CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1108	Principles of Biology II	4	_____ / _____	_____
CHEM	1128Q	General Chemistry II	4	_____ / _____	_____

EXERCISE SCIENCE

Dept.	No.	Course Title	Credits	Semester/Year	Grade
CHEM	<input type="checkbox"/> 2241 <input type="checkbox"/> or 2443	Organic Chemistry	3	_____ / _____	_____
MCB	<input type="checkbox"/> 2000 <input type="checkbox"/> or 3010	Intro to Biochemistry or Biochemistry	_____	_____ / _____	_____
PHYS	1202Q	General Physics II	4	_____ / _____	_____

Minimum of 12 credits of Related Electives from the following departments CHEM, KINS, MCB, OPIM, NUSC, PATH, PNB & PSYC or other approved courses by advisor and department head:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____

SPORTS HEALTH CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
AH	2001	Medical Terminology	2	_____ / _____	_____
HDFS	1070	Individual and Family Development	3	_____ / _____	_____
KINS	2200	Introduction to Athletic Training	3	_____ / _____	_____
KINS	3212	Experiences in Athletic Training, Health Care, & Sport	3	_____ / _____	_____
KINS	3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
NUSC	4250	Nutrition for Exercise and Sport	3	_____ / _____	_____
PSYC	1101	General Psychology II	3	_____ / _____	_____
PSYC	2400	Development Psychology	3	_____ / _____	_____

Minimum of 12 credits of Related Electives from the following departments AH, CHEM, KINS, MCB, OPIM, NUSC, PATH, PNB & PSYC or other approved courses by advisor and department head:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____

EXERCISE SCIENCE

SPORTS PERFORMANCE CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
ACCT	2001	Principles of Financial Accounting	3	_____ / _____	_____
HDFS	1070	Individual and Family Development	3	_____ / _____	_____
KINS	3212	Experiences in Athletic Training, Health Care, & Sport	3	_____ / _____	_____
KINS	3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
NUSC	2200	Nutrition and Human Development	3	_____ / _____	_____
NUSC	4250	Nutrition for Exercise and Sport	3	_____ / _____	_____
PSYC	1101	General Psychology II	3	_____ / _____	_____

Minimum of 12 credits of Related Electives from the following departments AH, CHEM, KINS, MCB, OPIM, NUSC, PATH, & PSYC or other approved courses by advisor and department head:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____

PRE-MED SCIENCE CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1108	Principles of Biology II	4	_____ / _____	_____
CHEM	1128Q	General Chemistry II	4	_____ / _____	_____
CHEM	2443	Organic Chemistry	3	_____ / _____	_____
CHEM	2444	Organic Chemistry	3	_____ / _____	_____
CHEM	2445	Organic Chemistry Laboratory	3	_____ / _____	_____
MCB	2000	Intro to Biochemistry	4	_____ / _____	_____
MCB	2210	Cell Biology	3	_____ / _____	_____
MCB	2400	Human Genetics	3	_____ / _____	_____
MCB	2410	Genetics	3	_____ / _____	_____
MCB	2610	Fundamentals of Microbiology	4	_____ / _____	_____
PHYS	1202Q	General Physics II	4	_____ / _____	_____

EXERCISE SCIENCE

NOTE: 3+2 ACCELERATED PROGRAM

Students in the 3+2 accelerated program are encouraged to take the following courses to help prepare for the M.S.A.T. program:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
KINS	2220	Introduction to Athletic Training	3	_____ / _____	_____
KINS	3212	Experiences in Athletic Training & Health Care	3	_____ / _____	_____
KINS	3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
NUSC	4250	Nutrition for Exercise and Sport	3	_____ / _____	_____

Writing Competency: All students are required to successfully complete two W courses. Courses that will satisfy the W requirement include: KINS 3099W, 3530W, 3545W, 3697W, and 4510W.

Computer Technology Competency: Satisfied by University entrance expectations.

Information Literacy Competency: Satisfied by 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 MAJORS¹

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 Connecticut²
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
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____
_____	_____	_____	_____/____	_____

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, PATH, SOIL, SPSS, TURF)

Total Credits in 36 credit group: _____

¹Courses 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.