UCONN | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

PLAN OF STUDY FORM Catalog Year 2023-2024 EXERCISE SCIENCE MAJOR

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.				<u>Select One:</u>	🗌 Prelimina	ry Plan	🗌 Final Plan
Name	Middl			Last	Student I.D.: —		
Phone #:	En	nail Address:					
Current Address:							
	Street		City/Town		State	Zio Code	
Month and Year of Anticipated	Graduation:	🛛 May		□ August	December	Year: _	
Are you pursuing a double majo	or in CAHNR:	Yes	🗆 No	If YES, submit	t Double Major At	tachment v	with final plans of study
Please list below any minors the	at you plan to ea	rn and subm	nit a fina	al minor plan of :	study with your fir	nal major p	blan of study.
At the completion of semester y	ou intend to gra	duate, will yo	ou have	e earned 120 or	more credits?	Yes	□No
APPROVAL SIGNATURE	8						
Student Signature					Date		
					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.

Cont	ent Area	Dept.	Course No.	Credits	Semester/Year	Grade
	Foreign Languages (3 years single language in hi	gh school) Ol	R pass second	course in fire	st-year college sequend	ce
					/	
					1	
	ENGL 1007 or 1010 or 1011				I	
	"W" Course				<i>I</i>	
	"W" Course (within major)				<i>I</i>	
	"Q" Course				<i> </i>	
	"Q" Course (MATH or STAT)				/	
	Environmental Literacy (total 3 credits)				/	
1	Arts & Humanities (total 6 credits)				I	
					<i>I</i>	
2	Social Sciences (total 6 credits)				<i> </i>	
					<i>I</i>	
3	Science & Technology (total 6 credits – include				I	
	one 4-credit laboratory course)				I	
4	Diversity & Multiculturalism (total 6 credits – one				<i>I</i>	
	must be "International" course)				<i>I</i>	

Computer Technology Competency: See major requirements

Information Literacy Competency: See major requirements

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).

	following:				
Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1107	Principles of Biology I	4	<i>I</i>	
CHEM	1127Q	General Chemistry I	4	<i>I</i>	
COMM	1100	Principles of Public Speaking	3	<i>I</i>	
	□ 1060Q	Precalculus			
MATH	□ <u>or</u> 1131Q	<u>Or</u> Calculus I		<i>I</i>	
NUSC	1165	Fundamentals of Nutrition	3	II	
PHYS	1201Q	General Physics I	4	II	
PNB	2264	Anatomy & Physiology I	4	II	
PNB	2265	Anatomy & Physiology II	4	II	
PSYC	1100	General Psychology I	3	II	
	□ 1000Q	Introduction to Statistics I	4		
STAT	□ <u>or</u> 1100Q	or Elementary Concepts of Statistics		<i>I</i>	
KINS	1100	Exercise and Wellness for Everyone	3	<i>I</i>	
KINS	1160	(when taken as Free Weight Training)	1	<i>I</i>	
KINS	1160	(when taken as First Aid and CPR)	1	<i>I</i>	
KINS	2227	Exercise Prescription	3	<i>I</i>	
KINS	3320	Exercise Psychology	3	<i>I</i>	
KINS	3522	Biomechanics of Injury and Sport	3	<i>I</i>	
KINS	3530	Aerobic Training for Health & Performance	3	<i>I</i>	
KINS	3545	Resistance Training for Health & Performance	3	<i>I</i>	
KINS	4205/W	Exercise Science Capstone	2	II	
KINS	4500	Exercise Physiology	3	<i>I</i>	
KINS	4510/W	Advanced Topics in Health and Sport Performace	3	<i>I</i>	

EXERCISE SCIENCE CONCENTRATION

ALL of the following:

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

Dept.	No.	Course Title	Credits	Semester/Year	Grade
CHEM	□ 2241	Organic Chemistry	3	<i>I</i>	
	🗆 or 2443				
MCB	□ 2000	Intro to Biochemistry		<i>I</i>	
	🗆 or 3010	or Biochemistry			
PHYS	1202Q	General Physics II	4	<i>I</i>	

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

Dept.	No.	Course Title	Credits	Semester/Year	Grade
				<i>I</i>	

SPORTS HEALTH CONCENTRATION

ALL of the following:

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

SPORTS PERFORMANCE CONCENTRATION

ALL of the following:

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

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
				<i>I</i>	
				<i>I</i>	
				/	
		·		<i>I</i>	
				<i>I</i>	

PRE-MED SCIENCE CONCENTRATION

ALL of the following:

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

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	<i>I</i>	
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	<i>I</i>	

<u>Writing Competency</u>: 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
									/	
						_				
			<i>I</i>				·		/	
			<i>I</i>						<i>I</i>	
			/						/	
			/						/	
									1	
			<i>I</i>						<i>I</i>	
			<i>I</i>						<i>I</i>	
			/						<i>I</i>	
			/						/	
									/	
			,,							
			<i>I</i>						<i>I</i>	

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.