

Exercise Science: Pre-Medical Sciences Concentration SAMPLE SEQUENCE OF COURSES

UConn Graduation Requirements – Are found at catalog.uconn.edu these include major and general education requirements (Content Areas: 1, 2, 3 and 4, Writing, Quantitative, **Foreign Language and Environmental Literacy).

Students normally average 15 credits per semester over a 4-year period (fall/spring only) to meet the 120 academic credits required.

FRESHMAN YEAR

FALL (Semester 1)

BIOL 1107 Principles of Biology I	4
KINS 1100 Exercise and Wellness for Everyone	3
ENGL 1007 Writing and Multimodal Composition	4
CHEM 1127Q General Chemistry I	4
UNIV 1800/1810 (FYE)	1
Total credits:	16

SPRING (Semester 2)

PSYC 1100 General Psychology I	3
BIOL 1108 Principles of Biology II	4
CHEM 1128Q General Chemistry II	4
MATH 1131Q Calculus	4
KINS 1160 First Aid and CPR	1
Total credits:	16

SUMMER SESSION

ELECTIVE/Foreign Language**	3 or 4
Total credits:	3 or 4

SOPHOMORE YEAR

FALL (Semester 3)

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics I	4
PNB 2264 Anatomy Physiology 1	4
COMM 1100 Public Speaking	3
GEN ED (CA 1)	3
Total credits:	17

SPRING (Semester 4)

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy Physiology II	4
GEN ED (CA 2) <i>Suggested-PYSC 1101</i>	3
GEN ED (CA 4)	3
NUSC 1165 Fundamentals of Nutrition	3
Total credits:	17

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
CHEM2443 Organic Chemistry	3
GEN ED (CA 1)	3
MCB 2400 Human Genetics OR 2410 Genetics	3
Total credits:	15

SPRING (Semester 6)

KINS 1160 Free Weight Training	1
KINS 4510 W Advanced Topics in Health/Sport	3
STAT 1000Q Introduction to Statistics I or STAT 1100Q Elementary Concepts of Statistics	4
KINS 3530 (W) Aerobic Training Health/Performance	3
MCB 2000 or MCB 3010 Introduction to Biochemistry	4 or 5
Total credits:	15 or 16

SENIOR YEAR

FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance	3
MCB 4211 Immunology	3
CHEM 2444 Organic Chemistry	3
MAJOR Required/Related ELECTIVE	3
GEN ED (CA 4)	3
Total credits:	15

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
GEN ED (CA 2)	3
CHEM 2445 Organic Chemistry Lab	3
MCB 2610 Fundamentals of Microbiology	4
Total Credits:	16

Common Related Elective Courses	
KINS 3212 Experiences in Athletic Training and Healthcare	3
KINS 3222 Mind, Body, and Sport Performance	3
KINS 3099 Independent Study	3
NUSC 4250 Sport Nutrition	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
AH 3101 Health & Wellness for Life	3
AH 3231 Program Planning for Health Promotion	3
AH 3234 Fitness for Health	3
PSYC 2200 Physiological Psychology	3
*PSYC 2300 Abnormal Psychology	3
*PSYC 2400 Developmental Psychology	3

*Must take PYSC 1101 or 1103 (CA-2 course)