

Exercise Science: Sports Health 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 OR CHEM 1127Q General Biology I or General Chemistry I	4
KINS 1100 Exercise and Wellness for Everyone	3
ENGL 1007 Writing and Multimodal Composition	4
HDFS 1070 (CA-2)	3
UNIV 1800/1810 (FYE)	1

Total credits: 15

SPRING (Semester 2)

BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I	4
PSYC 1100 General Psychology I	3
GEN ED CA-1	3
MATH 1060Q Pre-Calculus	3
KINS 1300 Fundamental of Resistance Training	1

Total credits: 14

SUMMER SESSION

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

SOPHOMORE YEAR

FALL (Semester 3)

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics 1	4
PNB 2264 Anatomy Physiology 1	4
AH 2001 Medical Terminology	2
PYSC 1101 (CA-2) General Psychology II	4

Total credits: 17

SPRING (Semester 4)

STAT 1000Q Introduction to Statistics I or STAT 1100Q Elementary Concepts of Statistics	4
PNB 2265 Anatomy Physiology II	4
NUSC 1165 Fundamentals of Nutrition	3
GEN ED (CA 4)	3

Total credits: 14

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
KINS 2200 Introduction to Athletic Training	3
GEN ED (CA 4)	3
Environmental Literacy Course	3
KINS 1200 Fundamentals of Exercise Testing	1

Total credits: 16

SPRING (Semester 6)

KINS 4510- Advanced Topics in Health/Sport	3
KINS 4511W- optional W course	1
COMM 1100 Public Speaking	3
KINS 3530- Aerobic Training Health/Performance	3
KINS 3531W- optional W course	1
KINS 3212 Field Experiences in Rehab, Health Care and Sport	3
GEN ED (CA 1)	3

Total credits: 15-16

SENIOR YEAR

FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance	3
KINS 3546 W- optional W course	1
NUSC 4250 Sports Nutrition	3
KINS 3222 Mind, Body, Sport Performance	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total credits: 16

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
PSYC 2400 Developmental Psychology	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total credits: 15

Common Related Elective Courses	
Health & Wellness	
AH 3101 Health and Wellness for Life	3
AH 3202 Aging: Implications for Health Professionals	3
AH 3231 Program Planning for Health Promotion	3
AH 3234 Fitness for Health	3
Sport Nutrition	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
Other	
PSYC 2300 Abnormal Psychology	3
PSYC 2200 Physiological Psychology	3
MCB 2400 Human Genetics	3
MCB 2410 Genetics	3
NUSC 2200 Nutrition and Human Development	2
KINS 3098/3099 Independent Study	1-3
KINS 3098 Sports Medicine Study Abroad	3
KINS 3550 Exercise Prescription for Special Populations	3

Related Elective Courses include credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC that are above >2000 level and not otherwise required for the concentration. Students should work with their academic advisors to choose these based on academic and career goals.

Students can elect to enroll in *Summer/Winter sessions*. Course options can be found at summerwinter.uconn.edu .

Students interested in [Education Abroad](#) should discuss options (semester, winter or summer) with major advisor.