

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

SPRING (Semester 2)

BIOL 1108 General Biology II	4
KINS 1300 Fundamental of Resistance Training	1
MATH 1060Q Pre-Calculus or 1131Q Calculus (*needed for PHYS1201Q)	3 or 4
CHEM 1128Q General Chemistry II	4
PSYC 1100 General Psychology I	3
Total credits: 15 or 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 and Physiology I (must complete BIOL1107/CHEM1127)	4
COMM 1100 Public Speaking	3
Total credits: 14	

SPRING (Semester 4)

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy and Physiology II	4
GEN ED (CA 2) Suggested-PYSC 1101	3
STAT 1000Q Introduction to Statistics I or STAT 1100Q Elementary Concepts of Statistics	4
Total credits: 15	

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
NUSC 1165 Fundamentals of Nutrition	3
GEN ED (CA 1)	3
GEN ED (CA 4)	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
KINS 3530 Aerobic Training Health/ Performance	3
KINS 3531W- optional W course	1
KINS 3212 Field Experiences in Rehab, Health Care and Sport	3
E Course	3
MAJOR Required/Related ELECTIVE	3
Total credits: 15-16	

SENIOR YEAR

FALL (Semester 7)

KINS 3545 Resistance Training Health/ Performance	3
KINS 3546 W- optional W course	1
GEN ED (CA 1)	3
KINS 3222 Mind, Body, and Sport	3
MAJOR Required/Related ELECTIVE	3
GEN ED (CA 4)	3
Total credits: 15-16	

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
GEN ED (CA 2)	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3
Total Credits: 15	

Common Related Elective Courses	
CHEM 2241 Organic Chemistry **	3
KINS 2200 Introduction to Athletic Training	3
KINS 3098/3099 Independent Study	1-3
KINS 3098 Sports Medicine Study Abroad	3
KINS 3550 Exercise Prescription for Special Populations	3
NUSC 3320 Community Nutrition	3
NUSC 4250 Sport Nutrition**	3
NUSC 4236 Nutritional Biochemistry and Metabolism**	3
PSYC 2200 Physiological Psychology	3
PSYC 2300 Abnormal Psychology*	3
PSYC 2400 Developmental Psychology*	3
MCB 2410 Genetics	3
MCB 2000 Biochemistry**	4

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

**Required courses for Minor in Sport Nutrition

Related Elective Courses include credits from related coursework from any of the following departments: CHEM, KINS, MCB, NUSC, PNB, PATH, 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.