

UCONN | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

PLAN OF STUDY FORM Catalog Year 2024-2025 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.

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 | 1200 | Foundations of Exercise Testing | 1 | ____ / ____ | ____ |
| KINS | 1300 | Foundations of Strength Training | 1 | ____ / ____ | ____ |
| KINS | 2227 | Exercise Prescription | 3 | ____ / ____ | ____ |
| KINS | 3320 | Exercise Psychology | 3 | ____ / ____ | ____ |
| KINS | 3522 | Biomechanics of Injury and Sport | 3 | ____ / ____ | ____ |
| KINS | 3530/3531W | Aerobic Training for Health & Performance | 3 | ____ / ____ | ____ |
| KINS | 3545/3546W | Resistance Training for Health & Performance | 3 | ____ / ____ | ____ |
| KINS | 4205/W | Exercise Science Capstone | 3 | ____ / ____ | ____ |
| KINS | 4500 | Exercise Physiology | 3 | ____ / ____ | ____ |
| KINS | 4510/4511W | Advanced Topics in Health and Sport Performance | 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 |
|-------|-------------------------------|---|---------|---------------|-------|
| KINS | <input type="checkbox"/> 3212 | Field Experiences in Rehabilitation, Health Care, and Sport | 3 | _____ / _____ | _____ |
| KINS | <input type="checkbox"/> 3222 | Mind, Body, and Sport Performance | 3 | _____ / _____ | _____ |
| PHYS | 1202Q | General Physics II | 4 | _____ / _____ | _____ |

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 |
|-------|-------|--------------|---------|---------------|-------|
| _____ | _____ | _____ | _____ | _____ / _____ | _____ |
| _____ | _____ | _____ | _____ | _____ / _____ | _____ |
| _____ | _____ | _____ | _____ | _____ / _____ | _____ |
| _____ | _____ | _____ | _____ | _____ / _____ | _____ |
| _____ | _____ | _____ | _____ | _____ / _____ | _____ |

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, PNB, & 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 | <input type="checkbox"/> 2400 <input type="checkbox"/> or 2410 | Human Genetics <u>Or</u> 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 AHNR, 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.