













PLAN OF STUDY Catalog Year 2025-2026 EXERCISE SCIENCE MAJOR

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.

- In your final year, you will submit a final plan of study electronically through the Student Administration System. For more information, visit the [Registrar's Steps to a Successful Graduation](#).
- Students must complete all major and General Education or Common Curriculum course requirements and earn:
 - **At least 120 credits towards 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 (Part III).**
- University of Connecticut Common Curriculum Requirements are outlined in the [Undergraduate Academic Catalog](#).
- Students should use their Academic Requirements Report (accessible in Student Admin) along with this 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 degree requirements, including major requirements, General Education requirements, or Common Curriculum requirements.
- Students are responsible for knowing and understanding the rules and requirements of their degree. Always refer to the Catalog (linked above) for official regulations and ask your advisor when you need clarification.

Additional Resources:

Academic Catalog 	CAHNR Academic Policies 	CAHNR Academic Forms 	Sample Course Sequences by Major 
Navigating the Student Admin System 	Navigating HuskyCT 	Academic Achievement Center 	Center for Career Readiness and Life Skills 
The "Q" (Quantitative) Center 	The Writing Center 	Center for Students with Disabilities 	The Dean of Student's Office 

PART I: COMMON CORE CURRICULUM REQUIREMENTS

For a full listing of courses within each Topic of Inquiry (TOI), please visit the Common Curriculum page of the Undergraduate Catalog.

[Common Curriculum Requirements – Undergraduate Academic Catalog](#)



Topics of Inquiry

Requirements:

- 1. At least three credits must be passed in each Topic of Inquiry (many courses fulfill two TOI).
- 2. Students must also satisfy a Focus requirement by successfully completing either nine credits in a single TOI or nine credits within a Theme (learn more about Themes on the Common Curriculum page of the Undergraduate Catalog – linked above).
- 3. Common Curriculum courses may be counted toward the major.
- 4. Including the Focus requirement, students must pass at least 21 credits of TOI courses.
- 5. The 21 credits of TOI courses must be from at least six different subject areas as designated by subject code (e.g., ANTH). For cross-listed courses, students may count any subject code under which the course is offered toward this requirement regardless of the subject code under which they register for the course.
- 6. Students must complete at least one laboratory course designated as TOI-6L.
- 7. No more than six credits with the INTD prefix may be elected by any student to meet the Common Curriculum Requirements.

TOI-1: Creativity: Design, Expression, Innovation
TOI-2: Cultural Dimensions of Human Experiences
TOI-3: Diversity, Equity, and Social Justice
TOI-4: Environmental Literacy
TOI-5: Individual Values and Social Institutions
TOI-6: Science and Empirical Inquiry
TOI-6L: Science and Empirical Inquiry (Laboratory Course)

TOI	Dept.	Course No.	Credits
TOI-1	_____	_____	_____
TOI-2	_____	_____	_____
TOI-3	_____	_____	_____
TOI-4	_____	_____	_____
TOI-5	_____	_____	_____
TOI-6*	_____	_____	_____

FOCUS REQUIREMENT		
TOI: _____		
-- OR --		
THEME: _____		
Dept.	Course No.	Credits
_____	_____	_____
_____	_____	_____
_____	_____	_____

**At least one TOI-6L course is required*

TOI REQUIREMENTS CHECKLIST:

- ☐ At least three credits from each TOI
- ☐ 21 credits (minimum) of TOI coursework
- ☐ TOI credits completed in at least 6 different subject codes (e.g. ANTH)
 - ☐ Subject codes: _____, _____, _____, _____, _____, and _____
- ☐ One Laboratory course designated as TOI-6L: _____

Competencies

	Description	Dept.	Course No.	Credits
<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 <u>or</u> 1010 <u>or</u> 1011	_____	_____	_____
<input type="checkbox"/>	“W” Course	_____	_____	_____
<input type="checkbox"/>	“W” Course (<i>within major</i>)	_____	_____	_____
<input type="checkbox"/>	“Q” Course	_____	_____	_____
<input type="checkbox"/>	“Q” Course (<i>MATH or STAT</i>)	_____	_____	_____

CAHNR Agriculture, Health, and Environment Requirement

Students in the College of Agriculture, Health, and Natural Resources must pass two courses (six credits) from the pre-approved list (find the list of pre-approved courses on the CAHNR Degree Requirements page of the Undergraduate Catalog). Courses must come from two different subject areas.

CAHNR Requirement Pre-Approved Courses List



Dept.	No.	Course Title	Credits
_____	_____	_____	_____
_____	_____	_____	_____

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
BIOL	□ 1107	Principles of Biology I	4
CHEM	□ 1127Q	General Chemistry I	4
COMM	□ 1100	Principles of Public Speaking	3
MATH	□ 1060Q	Precalculus	_____
	□ <u>or</u> 1131Q	<u>or</u> Calculus I	
NUSC	□ 1165	Fundamentals of Nutrition	3
PHYS	□ 1201Q	General Physics I	4
PNB	□ 2264 <u>and</u> 2265	Anatomy and Physiology I and II	8
PSYC	□ 1100	General Psychology I	3
STAT	□ 1000Q	Intro to Statistics I	_____
	□ <u>or</u> 1100Q	<u>or</u> Elementary Concepts of Statistics	
KINS	□ 1100	Exercise and Wellness for Everyone	3
KINS	□ 1200	Foundations of Exercise Testing	1
KINS	□ 1300	Foundations of Resistance Training	1
KINS	□ 2227	Exercise Prescription	3
KINS	□ 3320	Exercise Psychology	3
KINS	□ 3522	Biomechanics of Injury and Sport	3
KINS	□ 3530	Aerobic Training for Health and Performance	3
KINS	□ 3545	Resistance Training for Health and Performance	3
KINS	□ 4204	Exercise Science Capstone	3
KINS	□ 4500	Exercise Physiology	3
KINS	□ 4510	Advanced Topics in Health and Sport Performance	_____

EXERCISE SCIENCE CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits
BIOL	□ 1108	Principles of Biology II	4
CHEM	□ 1128Q	General Chemistry II	4
KINS	□ 3222	Mind, Body, and Sport Performance	3
NUSC	□ 4250	Nutrition for Exercise and Sport	3
PHYS	□ 1202Q	General Physics II	4

Minimum of 10 credits of Related Electives from the following departments: AH, CHEM, KINS, MCB, NUSC, PATH, PNB, PSYC, & SOCI or other approved courses by advisor and department head¹:

Dept.	No.	Course Title	Credits
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

¹Other courses may be used to meet this requirement pending advisor and department head approval. Students selecting KINS 3098 Variable Topics or KINS 3099 Independent Study for Undergraduates for related/cognate courses can use up to three credits to satisfy this degree requirement.

SPORTS HEALTH AND PERFORMANCE CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits
ACCT	□ 2001	Principles of Financial Accounting	3
KINS	□ 2200	Introduction to Athletic Training	3
KINS	□ 3222	Mental Health in Sport	3
NUSC	□ 4250	Nutrition for Exercise and Sport	3
PSYC	□ 1101	General Psychology II	3
PSYC	□ 2400	Development Psychology	3

Minimum of 9 credits of Related Electives from the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC, & SOCI or other approved courses by advisor and department head:

Dept.	No.	Course Title	Credits
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PRE-MED SCIENCE CONCENTRATION

ALL of the following:

Dept.	No.	Course Title	Credits
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	Introduction to Biochemistry	4
MCB	□ 2400	Human Genetics	3
	□ <u>or</u> 2410	<u>or</u> Genetics	
PHYS	□ 1202Q	General Physics II	4

Students completing the pre-med concentration are encouraged to complete an MCB minor including: MCB 2210, MCB 2610, & MCB 4211.

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
KINS	□ 2208	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.

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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Dept.	No.	Credits
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Credits from departments in CAHNR (15 required): _____

(CAHNR subject codes include AHNH, AH, ANSC, ARE, DGS, DIET, ENVS, EVST, KINS, LAND, MLSC, NRE, NUSC, PLSC, PATH, SPSS)

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.