

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

PLAN OF STUDY FORM Catalog Year 2017-2018 Exercise Science

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 department head, and submitted to the Degree Auditor (Unit 4077, 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 filled out completely 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 Zip 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's Signature _____ Date _____

Advisor's Signature _____ Date _____

Department Head's Signature _____ Date _____

**The final plan 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
Foreign Languages (3 years single language in high school) OR pass second course in first-year college sequence					
	_____	_____	_____	____ / ____	____
	_____	_____	_____	____ / ____	____
	ENGL 1010 or 1011	_____	_____	____ / ____	____
	"W" Course	_____	_____	____ / ____	____
	"W" Course (<i>within major</i>)	_____	_____	____ / ____	____
	"Q" Course	_____	_____	____ / ____	____
	"Q" Course (<i>MATH or STAT</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 MAJOR ¹

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	4	_____ / _____	___
BIOL	1108	Principles of Biology	4	_____ / _____	___
CHEM	1127Q	General Chemistry	4	_____ / _____	___
CHEM	1128Q	General Chemistry	4	_____ / _____	___
CHEM	2241 or 2443	Organic Chemistry	3	_____ / _____	___
COMM	1100	Principles of Public Speaking	3	_____ / _____	___
MATH	1060Q or 1131Q	Precalculus or Calculus I	___	_____ / _____	___
MCB	2000 or 3010	Introduction to Biochemistry or Biochemistry	___	_____ / _____	___
NUSC	1165	Fundamentals of Nutrition	3	_____ / _____	___
PHYS	1201Q	General Physics I	4	_____ / _____	___
PHYS	1202Q	General Physics II	4	_____ / _____	___
PNB	2264	Anatomy & Physiology I	4	_____ / _____	___
PNB	2265	Anatomy & Physiology II	4	_____ / _____	___
PSYC	1100	General Psychology I	3	_____ / _____	___
STAT	1000Q or 1100Q	Intro to Statistics I or Elementary Concepts of Statistics	4	_____ / _____	___
KINS	1100	Exercise and Wellness for Everyone	3	_____ / _____	___
KINS	1160	(When taken as Free Weight Training)	1	_____ / _____	___
KINS	1160	(When taken as First Aid and CPR)	1	_____ / _____	___
KINS	2227	Exercise Prescription	3	_____ / _____	___
KINS	3205	Health Fitness Assessment	3	_____ / _____	___
KINS	3320	Exercise Psychology	3	_____ / _____	___
KINS	3522	Biomechanics of Injury and Sport	3	_____ / _____	___
KINS	3525	Fundamentals of Strength and Conditioning	4	_____ / _____	___
KINS	3530/W	Physiological Assessment of Competitive Athletes	3	_____ / _____	___
KINS	3545	Resistance Training Exercise Techniques and Eval.	3	_____ / _____	___
KINS	4205	Exercise is Medicine Capstone	2	_____ / _____	___
KINS	4500	Physiological Systems in Human Performance	3	_____ / _____	___
KINS	4510/W	Mechanisms and Adaptations in Sport and Exercise	3	_____ / _____	___
UNIV	1810	(When taken as Kinesiology Freshman Year Experience)	1	_____ / _____	___

At least 12 credits from the following electives:

Dept.	No.	Course Title	Credits	Semester/Year	Grade
CHEM	2444*	Organic Chemistry I	3		
CHEM	2445**	Organic Chemistry II	3		
MCB	2210	Cell Biology	3		
MCB	2410	Human Genetics	3		
MCB	2610	Fundamentals of Microbiology	4	_____ / _____	_____
MCB	3011	Human Metabolism & Disease	2		
MCB	3201	Gene Expression	3	_____ / _____	_____
MCB	3219	Developmental and Regenerative Biology	3		
MCB	4211	Basic Immunology	3	_____ / _____	_____
NUSC	4250	Nutrition, Exercise & Sport	3	_____ / _____	_____
PVS	4300	Principles of Pathobiology	3		
PNB	2250	Animal Physiology	3	_____ / _____	_____
PNB	3251	Biology of the Brain	3		
PNB	3262	Mammalian Endocrinology	2		
PSYC	2200	Physiological Psychology	3		
PSYC	3601***	Human Factors in Design	3		

*CHEM 2444 may be used if CHEM 2443 was taken

**CHEM 2445 may be used if CHEM 2444 was taken concurrently

***PSYCH 3601 may be used if PSYCH 1101 or 1103 was taken

Writing Competency: All students are required to successfully complete two W courses. Courses that will satisfy the W requirement include: EKIN 3099W, 3155W, 3165W, 3530W, 3697W, and 4510W.

Computer Technology Competency: Satisfied by University entrance expectations.

Information Literacy Competency: Satisfied by required courses for major.

ONLINE PLAN OF STUDY FORM ATTACHMENT

PART III: 36 CREDIT REQUIREMENT FOR ALL MAJORS ¹

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 AGNR, AH, ANSC, ARE, DGS, DIET, ENVS, EVST, HORT, KINS, LAND, MLSC, NRE, NUSC, PLSC, PVS, 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.