

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

EXERCISE SCIENCE SPORTS HEALTH CURRICULUM

ACADEMIC YEAR 2022-2023 AND FUTURE SEMESTERS

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.*

FIRST 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)

PSYC 1100 General Psychology I	3
BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I	4
GEN ED CA-1	3
MATH 1060Q Pre-Calculus (<i>needed for PHYS 1201Q</i>)	3
KINS 1160 First Aid and CPR	1

Total credits: 14

SUMMER SESSION

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

SECOND YEAR

FALL (Semester 3)

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics 1	4
PNB 2264 Anatomy Physiology 1 (must complete CHEM 1127, BIOL 1107)	4
AH 2001 Medical Terminology	2
PYSC 1101 (CA-2) General Psychology II	3

Total credits: 15

SPRING (Semester 4)

STAT 1000Q or STAT 1100Q	4
PNB 2265 Anatomy Physiology II	4
GEN ED (CA 1)	3
GEN ED (CA 4)	3
NUSC 1165 Fundamentals of Nutrition	3

Total credits: 17

THIRD YEAR (If considering [Education Abroad](#), the Spring semester of the junior year is recommended in some majors).

FALL (Semester 5)

KINS 3522 Biomechanics (<i>must complete PNB 2264/2265, recommended PHYS 1201Q</i>)	3
KINS 4500 Exercise Physiology (<i>must complete PNB 2264/2265</i>)	3
KINS 2200 Introduction to Athletic Training	3
GEN ED (CA 4)	3
Environmental Literacy Course	3

Total credits: 15

SPRING (Semester 6)

KINS 1160 Free Weight Training	1
KINS 4510 (W) Advanced Topics in Health/Sport	3
COMM 1100 Public Speaking	3
KINS 3530 (W) Aerobic Training Health/Performance (<i>must take KINS 4500</i>)	3
KINS 3212 Field Experiences	3

Total credits: 15 or 16

FOURTH YEAR

FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance (<i>must take KINS 4500</i>)	3
NUSC 4250 Sports Nutrition (<i>must take PNB 2264, 2264; NUSC 1165</i>)	3
KINS 3222 Mind, Body, Sport Performance (<i>must take PYSC 1100</i>)	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total credits: 15

SPRING (Semester 8)

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
PSYC 2400 Developmental Psychology (<i>must take PYSC 1100, 1101</i>)	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total Credits: 15

**Required if student has not met the University requirement of three years of a single foreign language in high school.

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.

Cognate Elective Courses (concentrations)	<i>Credits</i>
<i>Health & Wellness Cognate Area</i>	
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
<i>Sport Nutrition</i>	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
<i>Other</i>	
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