

# UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

## EXERCISE SCIENCE PRE-MEDICAL SCIENCE, SUGGESTED CURRICULUM ACADEMIC YEAR 2022-2023 AND FUTURE SEMESTERS

UConn Graduation Requirements – Are found at [catalog.uconn.edu](http://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 Principles of Biology I	4
KINS 1100 Exercise and Wellness for Everyone	3
ENGL 1007 Writing and Multimodal Composition	4
CHEM 1127Q General Chemistry I	4
UNIV 1800/1810 (FYE)	1

*Total credits: 15*

#### **SPRING (Semester 2)**

PSYC 1100 General Psychology I	3
BIOL 1108 Principles of Biology II	4
CHEM 1128Q General Chemistry II	4
MATH 1131Q Calculus	4
KINS 1160 First Aid and CPR	1

*Total credits: 16*

#### **SUMMER SESSION**

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

### **SECOND YEAR**

#### **FALL (Semester 3)**

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics I	4
PNB 2264 Anatomy Physiology 1	4
COMM 1100 Public Speaking	3
GEN ED (CA 1)	3

*Total credits: 16*

#### **SPRING (Semester 4)**

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy Physiology II	4
GEN ED (CA 2) <i>Suggested-PYSC 1101</i>	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	3
KINS 4500 Exercise Physiology	3
CHEM2443 Organic Chemistry	3
GEN ED (CA 1)	3
MAJOR Required/Related ELECTIVE	3

*Total credits: 15*

#### **SPRING (Semester 6)**

KINS 1160 Free Weight Training	1
KINS 4510 W Advanced Topics in Health/Sport	3
STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics	4
KINS 3530 (W) Aerobic Training Health/Performance	3
MCB 2000 or MCB 3010 Introduction to Biochemistry	4/5

*Total credits: 15 or 16*

### **FOURTH YEAR**

#### **FALL (Semester 7)**

KINS 3545(W) Resistance Training Health/Performance	3
MCB 2400 Human Genetics OR 2410 Genetics	3
CHEM 2444 Organic Chemistry	3
MAJOR Required/Related ELECTIVE	3
GEN ED (CA 4)	3

*Total credits: 15*

#### **SPRING (Semester 8)**

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
GEN ED (CA 2)	3
CHEM 2445 Organic Chemistry Lab	3
MCB 2610 Fundamentals of Microbiology	4

*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](http://summerwinter.uconn.edu).

Students interested in [Education Abroad](#) should discuss options (semester, winter or summer) with major advisor.

**Common Related Elective Courses**

*Credits*

KINS 3212 Experiences in Athletic Training and Healthcare

3

KINS 3222 Mind, Body, and Sport Performance

3

KINS 3099 Independent Study

3

NUSC 4250 Sport Nutrition

3

NUSC 4236 Nutritional Biochemistry and Metabolism

3

AH 3101 Health & Wellness for Life

3

AH 3231 Program Planning for Health Promotion

3

AH 3234 Fitness for Health

3

PSYC 2200 Physiological Psychology

3

\*PSYC 2300 Abnormal Psychology

3

\*PSYC 2400 Developmental Psychology

3

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

SAMPLE