

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

EXERCISE SCIENCE SPORT PERFORMANCE 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)

KINS 1100 Exercise and Wellness for Everyone	3
BIOL 1107 Gen. Biology I OR CHEM 1127Q	4
General Chemistry I	
ENGL 1007 Writing & 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 Gen. Biology I OR CHEM 1127Q	4
General Chemistry I	
GEN ED CA-1	3
MATH 1060Q Pre-Calculus (needed for PHYS 1202Q)	3
KINS 1160 First Aid and CPR	1

Total credits: 14

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 1	4
PNB 2264 Anatomy Physiology 1 (must complete BIOL 1107/CHEM 1127)	4
ACCT 2001 Principles of Financial Accounting	3
PYSC 1101 (CA-2) General Psychology II	3

Total credits: 16

SPRING (Semester 4)

STAT 1000Q or STAT 1100Q Statistics course	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	3
KINS 4500 Exercise Physiology (must complete PNB 2265/2265)	3
PSYC 2400 Developmental Psychology (complete PSYC 1100,1101)	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 (must complete KINS 4500)	3
KINS 3530 (W) Aerobic Training Health/Performance (must complete KINS 4500)	3
COMM 1100 Public Speaking	3
KINS 3212 Field Experiences	3

Total credits: 15 or 16

FOURTH YEAR

FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance (must complete KINS 4500)	3
NUSC 4250 Sports Nutrition (must take PNB 2264/2265, NUSC 1165)	3
KINS 3222 Mind, Body, Sport Performance (must take PSYC 1100)	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
NUSC 2200 Nutrition and Human Development	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.

Cognate Elective Courses (concentrations)	
Health & Wellness Cognate Area	
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
Data Science/Analytics	
OPIM 3221 Business Database Systems	3
OPIM 3802 Data and Text Mining	3
OPIM 3803 Spreadsheet Modeling for Business Analysis	3
OPIM 3804 Data Visualization	3
Sport Nutrition	
CHEM 2241 Organic Chemistry	4
MCB 2000 Biochemistry	3
KINS 3099 Independent Study	3
NUSC 4236 Nutritional Biochemistry and Metabolism	3
Other	
PSYC 2300 Abnormal Psychology	3
PSYC 2200 Physiological Psychology	3
MCB 2400 Human Genetics	3
MCB 2410 Genetics	3
AH 2001 Medical Terminology	2
KINS 2200 Introduction to Athletic Training	3

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