

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
<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 1010 or 1011	_____	_____	_____	_____ / _____	_____
"W" Course	_____	_____	_____	_____ / _____	_____
"W" Course (<i>within major</i>)	_____	_____	_____	_____ / _____	_____
"Q" Course	_____	_____	_____	_____ / _____	_____
"Q" Course (<i>MATH or STAT</i>)	_____	_____	_____	_____ / _____	_____
Environmental Literacy (total 3 credits)	_____	_____	_____	_____ / _____	_____
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 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	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	<input type="checkbox"/> 2241 <input type="checkbox"/> or 2443	Organic Chemistry	3	____ / ____	____
COMM	1100	Principles of Public Speaking	3	____ / ____	____
MATH	<input type="checkbox"/> 1060Q <input type="checkbox"/> or 1131Q	Precalculus Or Calculus I	____	____ / ____	____
MCB	<input type="checkbox"/> 2000 <input type="checkbox"/> or 3010	Introduction to Biochemistry 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	<input type="checkbox"/> 1000Q <input type="checkbox"/> 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	3530/W	Physiological Assessment of Competitive Athletes	3	____ / ____	____
KINS	4205	Exercise is Medicine Capstone	2	____ / ____	____

EXERCISE SCIENCE

Dept.	No.	Course Title	Credits	Semester/Year	Grade
KINS	4500	Physiological Systems in Human Performance	3	____ / ____	____
KINS	4510/W	Mechanisms and Adaptations in Sport and Exercise	3	____ / ____	____

Minimum of 12 credits from Related Electives (4-5 courses):

Dept.	No.	Course Title	Credits	Semester/Year	Grade
CHEM	<input type="checkbox"/> 2444*	Organic Chemistry			
CHEM	<input type="checkbox"/> 2445*	Organic Chemistry Laboratory			
MCB	<input type="checkbox"/> 2210	Cell Biology	_____	_____ / _____	_____
MCB	<input type="checkbox"/> 2410	Genetics			
MCB	<input type="checkbox"/> 2610	Fundamentals of Microbiology	_____	_____ / _____	_____
MCB	<input type="checkbox"/> 3011	Human Metabolism and Disease			
MCB	<input type="checkbox"/> 3201	Gene Expression	_____	_____ / _____	_____
MCB	<input type="checkbox"/> 3219	Developmental and Regenerative Biology			
MCB	<input type="checkbox"/> 4211	Basic Immunology	_____	_____ / _____	_____
NUSC	<input type="checkbox"/> 4250	Nutrition for Exercise and sport			
PVS	<input type="checkbox"/> 4300	Principles of Pathobiology	_____	_____ / _____	_____
PNB	<input type="checkbox"/> 2250	Animal Physiology			
PNB	<input type="checkbox"/> 3251	Biology of the Brain			
PNB	<input type="checkbox"/> 3262	Mammalian Endocrinology			
PSYC	<input type="checkbox"/> 2200	Physiological Psychology			
PSYC	<input type="checkbox"/> 3601*	Human Factors Design			

*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: KINS 3099W, 3155W, 3165W, 3530W, 3697W and 4510W.

Computer Technology Competency: Satisfied by University entrance expectations.

Information Literacy Competency: Satisfied by required courses for major.

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ONLINE PLAN OF STUDY FORM ATTACHMENT

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	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.