

## Exercise Science: Sports Health Concentration SAMPLE SEQUENCE OF COURSES

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.*

### **FRESHMAN 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
<i>Total credits: 15</i>	

#### **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	3
KINS 1160 First Aid and CPR	1
<i>Total credits: 14</i>	

### **SUMMER SESSION**

ELECTIVE/Foreign Language**	3 or 4
<i>Total credits: 3 or 4</i>	

### **SOPHOMORE YEAR**

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

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics 1	4
PNB 2264 Anatomy Physiology 1	4
AH 2001 Medical Terminology	2
PYSC 1101 (CA-2) General Psychology II	3
<i>Total credits: 16</i>	

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

STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics	4
PNB 2265 Anatomy Physiology II	4
GEN ED (CA 1)	3
GEN ED (CA 4)	3
NUSC 1165 Fundamentals of Nutrition	3
<i>Total credits: 17</i>	

**JUNIOR 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
KINS 2200 Introduction to Athletic Training	3
GEN ED (CA 4)	3
Environmental Literacy Course	3
<i>Total credits: 15</i>	

#### **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	3
KINS 3212 Field Experiences	3
<i>Total credits: 13</i>	

### **SENIOR YEAR**

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

KINS 3545(W) Resistance Training Health/Performance	3
NUSC 4250 Sports Nutrition	3
KINS 3222 Mind, Body, Sport Performance	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3
<i>Total credits: 15</i>	

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

KINS 3320 Exercise Psychology	3
KINS 4205 W Exercise is Medicine Capstone	3
PSYC 2400 Developmental Psychology	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3
<i>Total Credits: 15</i>	

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

SAMPLE