

Exercise Science (Standard Plan) SAMPLE SEQUENCE OF COURSES

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.*

FRESHMAN YEAR

FALL (Semester 1)

BIOL 1107 Biology I	4
KINS 1100 Exercise and Wellness for Everyone	3
ENGL 1007 Writing and Multimodal Composition	4
CHEM 1127Q General Chemistry 1	4
UNIV 1800/1810 (FYE)	1
Total credits: 16	

SPRING (Semester 2)

PSYC 1100 General Psychology I	3
BIOL 1108 General Biology II	4
CHEM 1128Q General Chemistry II	4
MATH 1060Q Pre-Calculus or 1131Q Calculus (*needed for PHYS1201Q)	3 or 4
KINS 1160 First Aid and CPR	1
Total credits: 15 or 16	

SUMMER SESSION

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

SOPHOMORE YEAR

FALL (Semester 3)

KINS 2227 Exercise Prescription	3
PHYS 1201Q General Physics I	4
PNB 2264 Anatomy and Physiology I (must complete BIOL1107/CHEM1127)	4
COMM 1100 Public Speaking	3
GEN ED (CA 1)	3
Total credits: 17	

SPRING (Semester 4)

PHYS 1202Q General Physics II	4
PNB 2265 Anatomy and Physiology II	4
GEN ED (CA 2) Suggested-PYSC 1101	3
GEN ED (CA 4)	3
NUSC 1165 Fundamental of Nutrition	3
Total credits: 17	

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
CHEM 2241/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 Microbiology	4 or 5
Total credits: 15 or 16	

SENIOR YEAR

FALL (Semester 7)

KINS 3545(W) Resistance Training Health/Performance	3
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	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
MAJOR Required/Related ELECTIVE	3
MAJOR Required/Related ELECTIVE	3

Total credits: 15

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Common Related Elective Courses	
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
MCB 2410 Genetics	3

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

SAMPLE