

UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

Sports Health Curriculum (3+2 model) Exercise Science Program Academic Year 2022-2023

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) | | | SPRING (Semester 2) | |
| BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I | 4 | | PSYC 1100 General Psychology I | 3 |
| KINS 1100 Exercise and Wellness for Everyone | 3 | | BIOL 1107 OR CHEM 1127Q General Biology I or General Chemistry I | 4 |
| ENGL 1007 Writing and Multimodal Composition | 4 | | GEN ED CA-1 | 3 |
| HDFS 1070 (CA-2) | 3 | | MATH 1060Q Pre-Calculus (<i>needed for PHYS 1201Q</i>) | 3 |
| UNIV 1800/1810 (FYE) | 1 | | KINS 1160 First Aid and CPR | 1 |
| <i>Total credits: 15</i> | | | <i>Total credits: 14</i> | |
| SUMMER SESSION | | | | |
| ELECTIVE/Foreign Language** | 3 or 4 | | | |
| <i>Total credits: 3 or 4</i> | | | | |
| SUMMER * <i>Summer can be broken into 2 different summers. PNB 2264/2265 must be taken before KINS 4500; PHYS 1201Q must be taken before KINS 3522</i> | | | | |
| Summer Session 1 | | | Summer Session 2 | |
| KINS 2227 Exercise Prescription | 3 | | STAT 1000Q Introduction to Statistic I or STAT 1100Q Elementary Concepts of Statistics | 4 |
| PHYS 1201Q General Physics 1 | 4 | | PNB 2265 Anatomy Physiology II | 4 |
| PNB 2264 Anatomy Physiology 1 (must take CHEM 1127/BIOL 1107) | 4 | | GEN ED (CA 1) | 3 |
| AH 2001 Medical Terminology | 2 | | GEN ED (CA 4) | 3 |
| PYSC 1101 (CA-2) <i>General Psychology II</i> | 3 | | NUSC 1165 Fundamentals of Nutrition | 3 |
| <i>Total credits: 15</i> | | | <i>Total credits: 17</i> | |
| SOPHOMORE YEAR (If considering Education Abroad , the Spring semester of the junior year is recommended in some majors). | | | | |
| FALL (Semester 3) | | | SPRING (Semester 4) | |
| KINS 3522 Biomechanics (<i>must complete PNB 2264/2265, PHYS 1201Q recommended</i>) | 3 | | KINS 1160 Free Weight Training | 1 |
| KINS 4500 Exercise Physiology (<i>must complete PNB 2264/2265</i>) | 3 | | KINS 4510 (W) Advanced Topics in Health/Sport | 3 |
| KINS 2200 Introduction to Athletic Training | 3 | | COMM 1100 Public Speaking | 3 |
| GEN ED (CA 4) | 3 | | KINS 3530 (W) Aerobic Training Health/Performance (<i>must take KINS 4500</i>) | 3 |
| Environmental Literacy Course | 3 | | KINS 3212 Field Experiences | 3 |
| <i>Total credits: 15</i> | | | <i>Total credits: 15 or 16</i> | |
| JUNIOR YEAR | | | | |
| FALL (Semester 5) | | | SPRING (Semester 6) | |
| KINS 3545(W) Resistance Training Health/Performance (<i>must take KINS 4500</i>) | 3 | | KINS 3320 Exercise Psychology | 3 |
| NUSC 4250 Sports Nutrition (<i>must take NUSC 1165, PNB 2264, 2265</i>) | 3 | | KINS 4205 W Exercise is Medicine Capstone | 3 |
| KINS 3222 Mind, Body, Sport Performance (<i>must take PSYC 1100</i>) | 3 | | PSYC 2400 Developmental Psychology (<i>must take PSYC 1100, 1101</i>) | 3 |
| MAJOR Required/Related ELECTIVE | 3 | | MAJOR Required/Related ELECTIVE | 3 |

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| FRESHMAN YEAR | | | | |
|---|---|--|---------------------------------|---|
| MAJOR Required/Related ELECTIVE | 3 | | MAJOR Required/Related ELECTIVE | 3 |
| | | | | |
| <i>Total credits: 15</i> | | | <i>Total Credits: 15</i> | |
| **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 <i>Summer/Winter sessions</i> . Course options can be found at summerwinter.uconn.edu . | | | | |
| Students interested in Education Abroad should discuss options (semester, winter or summer) with major advisor. | | | | |

| 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 |
| 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 |
| NUSC 2200 Nutrition and Human Development | 2 |