

KINESIOLOGY PROGRAM GUIDELINES**Major: Exercise Science
(EXRSCI BS - ESBS)****Concentration: Exercise Science
(ES BS)**

These guidelines summarize the requirements for a Bachelor of Science for students following the 2008-2009 requirements.

The aim of this academic concentration is to prepare students to analyze sport and exercise performance in a physiological context. The majority of students will use this concentration to prepare for graduate study in exercise physiology. Other students may use this concentration to prepare for further professional education, such as medical school, physician assistant programs, and physical therapy.

A. General Education Requirements

The General Education Requirements listed in the Academic Regulations of the University of Connecticut Undergraduate Catalog 2008-2009 include:

- Content Area 1: Arts & Humanities: 6 credit
- Content Area 2: Social Sciences: 6 credits
- Content Area 3: Science & Technology: 6-7 credits
- Content Area 4: Diversity & Multiculturalism: 6 credits

B. Kinesiology Requirements

EKIN 1160/160	First Aid and Safety	1 credit
EKIN 1160/160	Free Weight Training	1 credit
EKIN 3320/240	Intro to Sport and Exercise Psychology	3 credits
EKIN 4500/248	Physiological Systems in Human Performance	3 credits
EKIN 4510W/258W	Mechanisms and Adaptations in Sport and Exercise	4 credits
EKIN 3520/263	Applied Anatomy and Kinesiology	3 credits
EKIN 3525/265	Fundamentals of Strength and Conditioning	4 credits
EKIN 3530W/268W	Physiological Assessment of Competitive Athletes	3 credits
EKIN 3522/272	Sport Biomechanics	3 credits
EKIN 3545/274	Resistance Training Exercise Techniques and Evaluation	3 credits
EKIN 3315/286	Issues in Sport	3 credits
EKIN 3099W/299W	Independent Study	3 credits

C. Related Requirements: BIOL 1107/107, 1108/108, CHEM 1127Q/127Q, CHEM 1128Q/128Q; CHEM 2241/141 or CHEM 2443/243; COMM 1100/105; MATH 1120Q/112Q or MATH 1131Q/115Q, MCB 2000/203 or MCB 3010/204 (if CHEM 2444/244 was taken or taken concurrently), NUSC 1165/165; PHYS 1201Q/121Q, PHYS 1202Q/122Q; PNB 2264/264, PNB 2265/265; PSYC 1100/132; STAT 1000Q/100Q or STAT 1100Q/110Q.

Related Electives: Students will select a minimum of 9 credits from the following courses: CHEM 2444/244 (if CHEM 2443/243 was taken), 2445/245 (if CHEM 2444/244 was taken or taken concurrently); MCB 2410/200, MCB 3201/201, MCB 3011/205, MCB 2210/210, MCB 4211/211, MCB 4219/219, MCB 2610/229; NUSC 4250/250; PVS 4300/297; PNB 3225/225, PNB 3230/230, PNB 2250/250, PNB 3251/251, PNB 3262/262; PSYC 2200/257, PSYC 3601/278 (if PSYC 1101/133 or 1103/135 was taken)

Earn at least 120 credits with a minimum total grade point average of 2.2.

EXERCISE SCIENCE – (EXRSCI BS) (ESBS)

SAMPLE SEMESTER SEQUENCE

SEMESTER 1 (16 credits)

ENGL 1010 /110 or ENGL 1011/111	4
CHEM 1127Q /127Q (Also fulfills CA 3)	4
BIOL 1107 /107 (Also fulfills CA 3)	4
MATH 1120Q /112Q or MATH 1131Q/115Q	4

SEMESTER 2 (14 credits)

BIOL 1108 /108	4
CHEM 1128Q /128Q	4
PSYC 1100 /132	3
COMM 1100 /105	3

SUMMER SESSION

*Language Requirement	8
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SEMESTER 3 (13 credits)

Content Area 1	3
Content Area 2	3
PHYS 1201Q /121Q	4
PNB 2264 /264	4

SEMESTER 4 (17 credits)

Content Area 1	3
Content Area 2	3
NUSC 1165 /165	3
PHYS 1202Q /122Q	4
PNB 2265 /265	4

SEMESTER 5 (15 credits)

CHEM 2241 /141 or CHEM 2443 /243	3
EKIN 4500 /248 Physiolog. Systems in Human Perf.	3
EKIN 3520 /263 Applied Anatomical Kinesiology	3
Content Area 4	3
Related Elective	3

SEMESTER 6 (16 or 17 credits)

STAT 1000Q /100Q or STAT 1100Q /110Q	4
EKIN 4510W /258W Mech. & Adap. in Sport & Exer.	4
MCB 2000 /203 or MCB 3010 /204	4 or 5
EKIN 3530W /268W Phys. Assess. of Comp. Athletes	3
EKIN 1160 /160 Free Weight Training	1

SEMESTER 7 (17 credits)

Content Area 4	3
EKIN 1160 /160 First Aid & Safety	1
EKIN 3525 /265 Fund. of Strength & Conditioning	4
EKIN 3522 /272 Sport Biomechanics	3
EKIN 3315 /286 Issues in Sport	3
Related Elective	3

SEMESTER 8 (12 credits)

EKIN 3545 /274 Resistance Trn. Exer. Tech. & Eval.	3
EKIN 3099W /299W Independent Study	3
EKIN 3320 /240 Intro to Sport & Exer. Psychology	3
Related Elective	3

*Required of all students not meeting the University requirement of three years of a single foreign language in high school.

Lower division requirements have been selected to assist students with completing the general education requirements, including two W courses (EKIN **4510W**/258W, EKIN **3530W**/268W, EKIN **3099W**/299W) and two Q courses (CHEM **1127Q**/127Q, CHEM **1128Q**/128Q, MATH **1120Q**/112Q or MATH **1131Q**/115Q, PHYS **1201Q**/121Q, PHYS **1202Q**/122Q, STAT **1000QC**/100QC or STAT **1100QC**/110QC). Courses in Content Areas 1-3 must be in different departments.

Earn at least 120 credits with a minimum total grade point average of 2.2.