

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 2010-2011 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 2010-2011 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	First Aid and Safety	1 credit
EKIN 1160	Free Weight Training	1 credit
EKIN 3320	Intro to Sport and Exercise Psychology	3 credits
EKIN 4500	Physiological Systems in Human Performance	3 credits
EKIN 4510W	Mechanisms and Adaptations in Sport and Exercise	3 credits
EKIN 3520	Applied Anatomy and Kinesiology	3 credits
EKIN 3525	Fundamentals of Strength and Conditioning	4 credits
EKIN 3530W	Physiological Assessment of Competitive Athletes	3 credits
EKIN 3522	Sport Biomechanics	3 credits
EKIN 3545	Resistance Training Exercise Techniques and Evaluation	3 credits
EKIN 3099	Independent Study	3 credits

C. Related Requirements: BIOL 1107, 1108, CHEM 1127Q, CHEM 1128Q; CHEM 2241 or CHEM 2443*; COMM 1100; MATH 1125Q or MATH 1131Q, MCB 2000 or MCB 3010 (if CHEM 2444 was taken or taken concurrently), NUSC 1165; PHYS 1201Q, PHYS 1202Q; PNB 2264, PNB 2265; PSYC 1100; STAT 1000Q or STAT 1100Q.

Related Electives: Students will select a minimum of 9 credits from the following courses: CHEM 2444 (if CHEM 2443 was taken), 2445 (if CHEM 2444 was taken or taken concurrently); MCB 2210, MCB 2410, MCB 2610, MCB 3011, MCB 3201, MCB 4211, MCB 4219; NUSC 4250; PVS 4300; PNB 2250, PNB 3225, PNB 3230, PNB 3251, PNB 3262; PSYC 2200, PSYC 3601 (if PSYC 1101 or 1103 was taken)

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

*Students taking CHEM 2443 must also complete CHEM 2444 in order to enroll in MCB 2000.

EXERCISE SCIENCE – (EXRSCI BS) (ESBS)

SAMPLE SEMESTER SEQUENCE

<u>SEMESTER 1</u> (16 credits)		<u>SEMESTER 2</u> (14 credits)	
ENGL 1010 or ENGL 1011	4	BIOL 1108	4
CHEM 1127Q (Also fulfills CA 3)	4	CHEM 1128Q	4
BIOL 1107 (Also fulfills CA 3)	4	PSYC 1100	3
MATH 1125Q or MATH 1131Q	3 or 4	COMM 1100	3
<u>SUMMER SESSION</u>			
*Language Requirement	8		
<u>SEMESTER 3</u> (13 credits)		<u>SEMESTER 4</u> (17 credits)	
Content Area 1	3	Content Area 1	3
Content Area 2	3	Content Area 2	3
PHYS 1201Q	4	NUSC 1165	3
PNB 2264	4	PHYS 1202Q	4
		PNB 2265	4
<u>SEMESTER 5</u> (15 credits)		<u>SEMESTER 6</u> (15 or 16 credits)	
Content Area 4	3	STAT 1000Q or STAT 1100Q	4
CHEM 2241 or CHEM 2443**	3	EKIN 1160 Free Weight Training	1
EKIN 3520 Applied Anatomical Kinesiology	3	EKIN 3530W Phys. Assess. of Comp. Athletes	3
EKIN 4500 Physiolog. Systems in Human Perf.	3	EKIN 4510W Mech. & Adap. in Sport & Exer.	3
Related Elective	3	MCB 2000 or MCB 3010	4 or 5
<u>SEMESTER 7</u> (17 credits)		<u>SEMESTER 8</u> (12 credits)	
Content Area 4	3	EKIN 3099 Independent Study	3
EKIN 1160 First Aid & Safety	1	EKIN 3320 Intro to Sport & Exer. Psychology	3
EKIN 3522 Sport Biomechanics	3	EKIN 3545 Resistance Trn. Exer. Tech. & Eval.	3
EKIN 3525 Fund. of Strength & Conditioning	4	Related Elective	3
Related Elective	3		
Elective	3		

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

**Students taking CHEM 2443 must also complete CHEM 2444 in order to enroll in MCB 2000.

Lower division requirements have been selected to assist students with completing the general education requirements, including two W courses (EKIN 4510W and EKIN 3530W) and two Q courses (CHEM 1127Q, CHEM 1128Q, MATH 1125Q or MATH 1131Q, PHYS 1201Q, PHYS 1202Q, STAT 1000Q or STAT 1100Q). 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.