

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 2016-2017 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 2015-2016 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**

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

**C. Related Requirements:** BIOL 1107, 1108, CHEM 1127Q, CHEM 1128Q; CHEM 2241 or CHEM 2443\*; COMM 1100; MATH 1060Q or 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 12 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 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

#### **SEMESTER 1** (16 credits)

ENGL 1010 or ENGL 1011	4
CHEM 1127Q (Also fulfills CA 3)	4
BIOL 1107 (Also fulfills CA 3)	4
MATH 1060Q or 1131Q	3 or 4

#### **SEMESTER 2** (14 credits)

BIOL 1108	4
CHEM 1128Q	4
PSYC 1100	3
COMM 1100	3

#### **SUMMER SESSION**

*Language Requirement	8
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#### **SEMESTER 3** (13 credits)

Content Area 1	3
Content Area 2	3
PHYS 1201Q	4
PNB 2264	4

#### **SEMESTER 4** (17 credits)

Content Area 1	3
Content Area 2	3
NUSC 1165	3
PHYS 1202Q	4
PNB 2265	4

#### **SEMESTER 5** (15 credits)

Content Area 4	3
CHEM 2241 or CHEM 2443**	3
KINS 4500 Physiolog. Systems in Human Perf.	3
Related Elective	3
Related Elective	3

#### **SEMESTER 6** (15 or 16 credits)

STAT 1000Q or STAT 1100Q	4
KINS 1160 Free Weight Training	1
KINS 3530W Phys. Assess. of Comp. Athletes	3
KINS 4510W Mech. & Adap. in Sport & Exer.	3
MCB 2000 or MCB 3010	4 or 5

#### **SEMESTER 7** (17 credits)

Content Area 4	3
KINS 1160 First Aid & Safety	1
KINS 3522 Biomechanics of Injury and Sport	3
KINS 3525 Fund. of Strength & Conditioning	4
Related Elective	3
Related Elective	3

#### **SEMESTER 8** (12 credits)

KINS 3099 Independent Study	3
KINS 3320 Intro to Sport & Exer. Psychology	3
KINS 3545 Resistance Trn. Exer. Tech. & Eval.	3
Related 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 (KINS 4510W and KINS 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.