

EXERCISE SCIENCE (BS)

The Exercise Science major is an undergraduate degree program integrating the fields of exercise physiology, biomechanics, sport performance, and sport psychology, and leads to a Bachelor of Science degree upon completion. All students in the Exercise Science major complete a core set of requirements followed by a specific plan associated with one of the following concentrations: Exercise Science; Sports Health and Performance; or Pre-Medical Science. Students will work with program advisors to determine the best concentration for career planning purposes.

All concentrations have immediate employment opportunities in a variety of settings upon graduation. In addition, the Exercise Science concentration will prepare students for graduate studies in a variety of sports medicine or rehabilitation professions, such as physical therapy, athletic training, and occupational therapy, by incorporating most prerequisites for these programs into the standard curriculum. Alternatively, the Sports Health and Performance concentration also prepares students for graduate programs in Athletic Training. The Pre-Medical Science concentration is designed to prepare students for applying to Physician Assistant graduate programs or medical schools. The Sports Performance concentration prepares students for immediate entry into the sports/fitness/health industries, or for graduate studies in Exercise Science/Physiology.

Admission

Students not admitted to the University as a first year Exercise Science major may apply into this major. Current UConn students may apply during the first two weeks of each semester based upon the admission requirements below. Students may apply to transfer into Exercise Science from another institution. Transfer students will be evaluated for admission based upon the admission requirements below.

Eligibility

1. Be in good academic standing and not be on academic notice or eligible for dismissal.
2. Completed one academic semester at UConn before eligible for application.
3. Competitive cumulative GPA of a minimum of a 3.0 or higher.
4. Completion of the following coursework (no substitutions) with a grade of a C+ or higher:
 - a. BIOL 1107 Principles of Biology I
 - b. CHEM 1127Q General Chemistry I

Considerations

1. Students interested in applying to the Exercise Science program are encouraged to meet with a representative in the program to review eligibility.
2. Students must continue to follow their current degree plan and be advised by their academic advisor until formal admission is granted to the student.
3. Students not admitted after their first application are allowed to apply for transfer one additional time. Students who are not admitted after the second completed application cycle are no longer eligible for transfer.

Timeline

The transfer admissions applications are considered during the fall and spring semesters. Applications will be open on the first day of the semester and will close on October 1st (for spring semester start), and February 1st (for a fall semester start). All students will be notified of the admissions committee decision two-weeks after the deadline for application closes.

Application Requirements

Factors considered with application include but are not limited to successful completion of science courses and academic performance, written responses to several questions regarding transferring, and a letter of recommendation. Students must upload their transcripts, and letter of recommendation to the application

**Students who have completed coursework at other institutions, please be sure to include those transcripts in the application.*

Concentrations will be declared after admission into the major. Students will work with their advisors to select the most appropriate concentration.

Location

- Storrs Campus

Modality

- In Person

Requirements

Exercise Science Required Coursework and Requirements by Plan

Course	Title	Credits
Core Courses		
All students in the Exercise Science major, regardless of their concentration, will be required to pass the following core requirements:		
KINS 1100	Exercise and Wellness for Everyone	3
KINS 1300	Fundamentals of Resistance Training	1
KINS 2227	Exercise Prescription	3
KINS 3212	Field Experiences in Rehabilitation, Health Care, and Sport	3
KINS 3320	Exercise Psychology	3
KINS 3522	Biomechanics of Injury and Sport	3
KINS 3530	Aerobic Training for Health and Performance	3
KINS 3545	Resistance Training for Health and Performance	3
KINS 3550	Exercise Prescription for Clinical Populations	3
KINS 4204	Exercise Science Capstone	2
KINS 4500	Exercise Physiology	3
KINS 4501	Fundamentals of Exercise Testing	1
KINS 4510	Advanced Topics in Health and Sport Performance	3
BIOL 1107	Principles of Biology I	4
CHEM 1127Q	General Chemistry I	4

COMM 1100	Principles of Public Speaking	3
MATH 1060Q	Precalculus	3
or MATH 1131Q	Calculus I	
NUSC 1165	Fundamentals of Nutrition	3
PHYS 1201Q	General Physics I	4
PNB 2264	Human Physiology and Anatomy	4
PNB 2265	Human Physiology and Anatomy	4
PSYC 1100	General Psychology I	3
STAT 1000Q	Introduction to Statistics I	4
or STAT 1100Q	Elementary Concepts of Statistics	

Concentrations within Exercise Science

Complete one of the following concentrations: 31-35

Exercise Science (<https://catalog.uconn.edu/undergraduate/agriculture-health-natural-resources/exercise-science-bs/#exer>)

Sports Health and Performance (<https://catalog.uconn.edu/undergraduate/agriculture-health-natural-resources/exercise-science-bs/#SPORTSHP>)

Pre-Medical Science (<https://catalog.uconn.edu/undergraduate/agriculture-health-natural-resources/exercise-science-bs/#premed>)

Total Credits 101-105

Exercise Science

All core requirements for the major and the following courses:

Course	Title	Credits
BIOL 1108	Principles of Biology II	4
CHEM 1128Q	General Chemistry II	4
KINS 3222	Mental Health in Sport	3
NUSC 4250	Nutrition for Exercise and Sport	3
PHYS 1202Q	General Physics II	4
10 related/cognate credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, PNB, PATH, PSYC, SOCI ¹		10

Total Credits 28

¹ Other courses may be used to meet this requirement pending advisor and department head approval. Students selecting KINS 3098 Variable Topics or KINS 3099 Independent Study for Undergraduates for related/cognate courses, can use up to three credits to satisfy this degree requirement.

Sports Health and Performance

All core requirements for the major and the following courses:

Course	Title	Credits
ACCT 2001	Principles of Financial Accounting	3
KINS 2200	Introduction to Athletic Training	3
KINS 3222	Mental Health in Sport	3
NUSC 4250	Nutrition for Exercise and Sport	3
PSYC 1101	General Psychology II	3
PSYC 2400	Developmental Psychology	3

9 related/cognate credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC, SOCI¹

Total Credits 27

¹ Other courses may be used to meet this requirement pending advisor and department head approval. Students selecting KINS 3098 Variable Topics or KINS 3099 Independent Study for Undergraduates for related/cognate courses, can use up to three credits to satisfy this degree requirement.

Pre-Medical Science

All core requirements for the major and the following courses:

Course	Title	Credits
BIOL 1108	Principles of Biology II	4
CHEM 1128Q	General Chemistry II	4
PHYS 1202Q	General Physics II	4
CHEM 2443	Organic Chemistry	3
CHEM 2444	Organic Chemistry	3
CHEM 2445	Organic Chemistry Laboratory	3
MCB 2000	Biochemistry	4
MCB 2400	Human Genetics	3
or MCB 2410	Genetics	

Students completing the Pre-Medical concentration are encouraged to complete a MCB minor including:

MCB 2210	Cell Biology
MCB 2610	Fundamentals of Microbiology
MCB 4211	Basic Immunology

Total Credits 28

Please refer to aamc.org (<http://aamc.org>) and premed.uconn.edu (<http://premed.uconn.edu>) for guidance on pre-medical requirements to include in the Plan of Study. Please also contact the departmental pre-med advisor through your major advisor. The schedule of courses should be designed with preparation for the MCAT (medical college admissions test) timing in mind for students intending to apply to medical school.

Writing in the Major

Students will satisfy the writing in the major department by completing KINS 4206W Scientific Writing in Exercise Science

Learning Objectives

1. Apply anatomical, biomechanical, and physiological principles to physical activity, exercise, and sports performance.
2. Recognize the importance of (role of) behavioral, psychological, and societal influences on mental health and well-being of physical active populations.
3. Demonstrate competency interpreting preparticipation health screening and administering assessments in diverse populations.
4. Prescribe evidence-based exercise interventions to improve health, fitness, athletic performance, and quality of life in diverse populations.
5. Evaluate scientific research on health, disease prevention, human behavior, and human performance.
6. Show excellent communication skills in public speaking and written communication.

7. Display professionalism and ethical practice to promote collegiality within an interprofessional healthcare team.

Exercise Science/Athletic Training 3+2 (BS/MS)

The accelerated 3+2 program leads to a Bachelor of Science degree (B.S.) in Exercise Science (p. 1) and a Master of Science in Athletic Training (M.S.) (<https://catalog.uconn.edu/graduate/degree-programs/athletic-training-ms/>). The five-year (3+2) program facilitates students to complete degree requirements for the Exercise Science major in three years through the Exercise Science Sports Health concentration before completing their final two years in the Professional Phase and earning a Master of Science in Athletic Training degree.

Students must also maintain a "B" average in the core prerequisite courses outlined in the M.S.A.T. admissions requirements.

Admission

Students will be admitted to the 3+2 accelerated program (Exercise Science undergraduate major) as first-year students with continuance into the M.S.A.T. program upon completion of the B.S. degree in Exercise Science. Transfer admissions to the accelerated program will be considered in accordance with the Exercise Science major (twice per year – October 1 and February 1 application deadlines). Transfer applicants should be in good academic standing at the time of application, with those who hold a 3.0 or higher given stronger consideration. Admission is highly competitive, with preference given to students with strong preparation in mathematics and science and demonstrated interest in athletic training as a professional career. Students will be pre-admitted to the M.S.A.T. program when accepted to the 3+2 accelerated track and assigned a specific advisor who will guide them through their undergraduate degree. Students will need to maintain all prerequisite requirements for the M.S.A.T. degree and complete the process of applying to the Graduate School in order to have the GRE requirements waived, and admittance to the M.S.A.T. program guaranteed.