

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; Sports 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 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. Competitive cumulative GPA of a minimum of a 3.0 or higher.
3. 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.

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 and a Master of Science in Athletic Training (M.S.). 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.

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 2227	Exercise Prescription	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 4205W	Exercise Science Capstone	3
KINS 4500	Exercise Physiology	3
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 (p. 2)		
Sports Health (p. 2)		
Sports Performance (p. 2)		
Pre-Medical Science (p. 3)		
Total Credits		94-98

Writing in the Major

Students will satisfy the writing in the major department by completing KINS 4205W Exercise Science Capstone and one of the following required core courses: KINS 3531W Scientific Writing in Aerobic Training for Health and Performance, KINS 3546W Scientific Writing in Resistance Training for Health and Performance, or KINS 4511W Scientific Writing in Advanced Topics in Health and Sport Performance.

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 3212	Field Experiences in Rehabilitation, Health Care, and Sport	3
KINS 3222	Mind, Body, and Sport Performance	3
PHYS 1202Q	General Physics II	4
12 related/cognate credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, PNB, PATH, PSYC ¹		12
Total Credits		30

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

All core requirements for the major and the following courses:

Course	Title	Credits
AH 2001	Medical Terminology	2
HDFS 1070	Individual and Family Development	3
KINS 2200	Introduction to Athletic Training	3
KINS 3212	Field Experiences in Rehabilitation, Health Care, and Sport	3
KINS 3222	Mind, Body, and Sport Performance	3
NUSC 4250	Nutrition for Exercise and Sport	3
PSYC 1101	General Psychology II	3
PSYC 2400	Developmental Psychology	3
12 related/cognate credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC ¹		12
Total Credits		35

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 Performance

All core requirements for the major and the following courses:

Course	Title	Credits
ACCT 2001	Principles of Financial Accounting	3
HDFS 1070	Individual and Family Development	3
KINS 3212	Field Experiences in Rehabilitation, Health Care, and Sport	3
KINS 3222	Mind, Body, and Sport Performance	3
NUSC 2200	Nutrition and Human Development	3
NUSC 4250	Nutrition for Exercise and Sport	3
PSYC 1101	General Psychology II	3
12 related/cognate credits from related coursework from any of the following departments: AH, CHEM, KINS, MCB, NUSC, OPIM, PATH, PNB, PSYC ^{1,2}		12
Total Credits		33

¹ AH, NUSC, and OPIM are encouraged for this concentration.

² 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 2443/2444	Organic Chemistry	3
CHEM 2445	Organic Chemistry Laboratory	3
MCB 2000	Introduction to Biochemistry	4
MCB 2210	Cell Biology	3
MCB 2400 or MCB 2410	Human Genetics Genetics	3
MCB 2610	Fundamentals of Microbiology	4
MCB 4211	Basic Immunology	3
Total Credits		35

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.

University General Education Requirements

Every student must meet a set of core requirements to earn a baccalaureate degree, in addition to those required by the student's major course of study and other requirements set by the student's school or college. For more information about these requirements, please see General Education Requirements (<https://catalog.uconn.edu/undergraduate/gen-ed-requirements/>).

College of Agriculture, Health and Natural Resources Degree Requirements

Students must meet a set of requirements established by the college in addition to the University's General Education requirements. For more information, see the College of Agriculture, Health and Natural Resources (<https://catalog.uconn.edu/undergraduate/agriculture-health-natural-resources/#requirementstext>) section of this catalog.

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.

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