

2026-2027

120 Total Credits

CORE EXERCISE SCIENCE REQUIREMENTS – Take ALL of the following courses (51-52 credits)			
Course	Credit	Taken	Prerequisites
URI 101	1		
BIO 220/221 A&P I/Lab	4		
BIO 222/223 A&P II/Lab	4		BIO 220/221
CHM 103 Chemistry	3		
KIN 275 Intro Ex Science	3		
KIN 300 Ex Physiology	3		BIO 220, 221, 222, 223
KIN 301 Ex Physiology Lab	1		BIO 223 plus credit or concurrent enrollment in KIN 300
KIN 320 Resistance Training	3		KIN 300
KIN 325 Ex Testing & Rx	3		KIN 275, KIN 300, and 1 of MTH 101, 103, 111, 131
KIN 370 Kinesiology	3		BIO 220 & 221
KIN 381 PA Behavior	3		PSY 113
KIN 390 Seminar	2		45 earned credits
KIN 484 Internship**	12		**See below
Statistics; choose PSY 200, STA 220, STA 307, OR STA 308	3-4		PSY 200: PSY 113 and college level math course; STA 220: none; STA 307: MTH 107, 108, 131 or 141; STA 308: MTH 103, 107, 110, 111, 131, or 141
Psychology; choose PSY 232, PSY 235, PSY 254, OR PSY 255	3		PSY 113

**Internship prerequisites: 2.5 GPA, 84 credits toward degree progress, CPR certification, KIN 275, 300, 301, 320, 325, BIO 222, CHM 103, CHM 124 (pre-professional only). KIN 420 required for cardiac rehab internships. Students with a GPA below 2.5 must take 12 additional credits of KIN or health related courses including 6 credits at the 300-400 level. Select courses with your advisor and list them here.

PROFESSIONAL ELECTIVES – Choose 12 credits from the following. Minimum of 6 credits must be from KIN courses.					
KIN PROFESSIONAL ELECTIVES			OTHER PROFESSIONAL ELECTIVES		
KIN 125 Group Exercise Instruction	2		CHM 105 Chemistry Lab	1	
KIN 243 Athletic Injuries	3		CHM 124 Organic Chemistry	3	
KIN 369 Meas & Eval in Kinesiology	3		CHM 126 Organic Chemistry Lab	1	
KIN 375G Exercise is Medicine	3		CMB 210 Biochemistry Aspects	3	
KIN 414 Adv. Strength & Conditioning	3		EDC/HLT 401 Current Issues in Health Ed	3	
KIN 425 Program Development	3		NUT 360 Sports Nutrition	3	
KIN 464G Physiology of Aging	3		PSY 255 Health Psychology	3	
KIN 482 Psycho-Soc Aspects Sport	3		Other KIN or health-related course	3	

IMPORTANT STUDENT INFORMATION

GENERAL EDUCATION GUIDELINES:

General education is 40 credits. Each of the 12 outcomes (A1-D1) must be met by at least 3 credits. A single course may meet more than one outcome but cannot be double counted towards the 40 credit total. At least one course must be a Grand Challenge (G). No more than 12 credits can have the same course code (HPR courses may have more than 12 credits). General education courses may also be used to meet the requirements of the major or minor when appropriate.

TRANSFERRING FROM UNIVERSITY COLLEGE TO THE COLLEGE OF HEALTH SCIENCES AND KINESIOLOGY:

To transfer out of University College, you must have earned 24 credits, passed BIO 101, 110, or 220, and have a minimum GPA of 2.0.

INFORMATION ABOUT GRADUATE SCHOOL:

Some students are interested in attending graduate programs at the completion of their undergraduate degree. The following information should help students select the appropriate courses to qualify for graduate programs.

Exercise Science: At the completion of the undergraduate program, students will have the prerequisites necessary to qualify for the URI graduate program in exercise science, as well as other programs across the U.S. Exercise Science graduate programs often vary in focus.

Physical Therapy: Students interested in pursuing a Doctorate in Physical Therapy can view a list of physical therapy programs throughout the U.S., along with prerequisites, application deadline dates, PT observation requirements, and GRE requirements by program at <http://www.ptcas.org/ProgramPrereqs/>. Some PT programs often include additional/different prerequisites such as requiring BIO 102, MTH 111, or requiring a higher-level chemistry (CHM 101 in place of CHM 103). For specific information about individual schools, students are encouraged to review individual web sites for schools that they are interested in attending. Students can use free elective or general education courses to fulfill any additional requirements.

University of Rhode Island PT School Prerequisites (subject to change – please check <https://web.uri.edu/physical-therapy/>):

- 4 credits of Biology with lab (BIO 110/103)
- 4 credits of Exercise Physiology with lab (KIN 300/301)
- 8 credits of Anatomy & Physiology with labs (BIO 220/221, 222/223)
- 8 credits of Chemistry with labs (CHM 103/105, 124/126)
- 6 credits of Psychology including a second level PSY course (PSY 113; choose a second level course)
- 3 credits of Writing (WRT 106)
- 3 credits of Statistics (200, STA 220, 307, or 308)
- 8 credits of Physics with labs (PHY 111/185, 112/186)
- Up to 7 credits of AP coursework will be accepted with a score of 4 or higher

Occupational Therapy: There is little consistency in prerequisites among graduate programs in occupational therapy. A list of OT programs by state can be found at <http://www.aota.org?Education-Careers/Find-School.aspx>. For specific information about prerequisites for individual schools of interest, students are encouraged to review individual websites. Free elective or general education courses can be used to fulfill any additional requirements.

Physician Assistant: PA programs typically require chemistry courses at a higher level than required by KIN (e.g., CHM 101 and 102 and CMB 311 in place of CHM 103 and 105 and CMB 210 – these can be substituted) and additional basic science courses. For targeted advising, students interested in PA should register at <http://web.uri.edu/prehealth/> and contact the Pre-Health Professions Advising Program during their freshman year.

Strength and Conditioning Focus: Students who plan on taking the Certified Strength and Conditioning Specialist Certification (CSCS) exam are required to take NFS 360, KIN 243, KIN 482 and KIN 414 as their Professional Electives.

PROFESSIONAL CONTENT AREA COURSE PREREQUISITES/NOTES

BIO 221	Credit or concurrent enrollment in BIO 220
BIO 223	Credit in BIO 220/221; Credit or concurrent enrollment in BIO 222
CHM 105	Credit or concurrent enrollment in CHM 103
CHM 124	CHM 101 or 103 with a grade of C- or better
CHM 126	CHM 102 or 105 & credit or concurrent enrollment in CHM 124
CMB 210	CHM 124 and one college year of BIO
KIN 369	MTH 101 or 103 or 111 or 131
KIN 414	BIO 220 & 222, KIN 320, and KIN 370; not offered every semester
KIN 420	KIN 300/301 and KIN 325
KIN 425	KIN 275 and junior standing
NUT 360	NSF 207 or 210 & KIN 275 or BIO 222; not offered every semester

Course Rotation Example 1 (General Use)							
FALL 1	SPRING 1	FALL 2	SPRING 2	FALL 3	SPRING 3	FALL 4	SPRING 4
BIO 110	BIO 220	KIN elec (3)	KIN 300	KIN 320	KIN 420	PSY 2xx	Internship (12)
BIO 103	BIO 221	Prof elec (3)	KIN 301	KIN 325	KIN 370	Free elec (9)	
PSY 113	Gen Ed	BIO 222	Free elec (3)	KIN elec (3)	Statistics	Gen Ed	
URI 101	WRT 106	BIO 223	NUT 207	KIN 381	Gen ed		
COM 100	KIN 275	Gen Ed	CHM 103	KIN 390	Prof elec (3)		
KIN 123	Gen Ed	Math	Gen Ed	Free elec (3)			
14 credits	16 credits	16 credits	16 credits	17 credits	15-16 credits	15 credits	12 credits

Course Rotation Example 2 (Pre-Physical Therapy) * Requirements Vary, Check Individual Schools							
FALL 1	SPRING 1	FALL 2	SPRING 2	FALL 3	SPRING 3	FALL 4	SPRING 4
BIO 110	BIO 220	CHM 103	CHM 124	KIN 320	KIN 370	Internship	KIN 381
BIO 103	BIO 221	CHM 105	CHM 126	KIN 325	KIN 390		Gen Ed (6) KIN elec (3) NUT 207
PSY 113	MTH 111	PSY 232	KIN 300	Prof elec (3)	KIN 420		
KIN 123	WRT 106	BIO 222	KIN 301	PHY 111	PHY 112		
COM 100	KIN 275	BIO 223	KIN 243	PHY 185	PHY 186		
URI 101	Gen Ed	Gen Ed	Free elec (6)	Statistics (4)	Gen Ed		
14 credits	16 credits	14 credits	17 credits	17 credits	15 credits	12 credits	

Course Rotation Example 3 (Pre-Occupational Therapy) * Requirements Vary, Check Individual Schools							
FALL 1	SPRING 1	FALL 2	SPRING 2	FALL 3	SPRING 3	FALL 4	SPRING 4
BIO 110	BIO 220	KIN elec (3)	KIN 300	KIN 320	KIN 420	PSY 254	Internship (12)
BIO 103	BIO 221	Prof elec (3)	KIN 301	KIN 325	KIN 370	Free elec (3)	
PSY 113	Gen Ed	BIO 222	Free elec (3)	KIN elec (3)	Statistics	Gen Ed	
URI 101	WRT 106	BIO 223	NUT 207	KIN 381	Gen ed	SOC 100	
COM 100	KIN 275	Gen Ed	CHM 103	KIN 390	Prof elec (3)	HDF 201	
KIN 123	Gen Ed	Math	Gen Ed	HDF 200			
14 credits	16 credits	16 credits	16 credits	17 credits	15-16 credits	15 credits	12 credits

Course Rotation Example 4 (Strength and Conditioning)							
FALL 1	SPRING 1	FALL 2	SPRING 2	FALL 3	SPRING 3	FALL 4	SPRING 4
BIO 220 & 221 URI 101 PSY 113 KIN 123 COM 100	BIO 222 & 223 WRT 106 KIN 275 MTH Gen Ed 1	BIO 101 & 103 KIN 300 & 301 NFS 207 Prof Elective	CHM 103 & 105 KIN 320 KIN 243 Gen Ed 2 PSY 232	KIN 482 KIN 325 KIN 390 Gen Ed 3 Free Elec 1	NFS 360 KIN 420 STA 308 KIN 381 KIN 414	KIN 484 And/or KIN 482 KIN 370 Gen Ed 4	KIN 484 And/or KIN 381 KIN 370 Gen Ed 5
14 credits	16 credits	14 credits	16 credits	16 credits	17 credits		

These are examples only. Depending on course availability, schedules will vary, especially if summer or J-term classes are taken. BIO 222 is a prerequisite for most KIN classes so it must be taken early in the program (preferably by fall of Sophomore year.)