THE UNIVERSITY OF RHODE ISLAND

KINESIOLOGY, B.S. | PRE-PHYSICIAN ASSISTANT PATHWAY

2026–2027 catalog • 120 credits • Class of 2030 • Proposed advising sequence

Complete your Kinesiology degree AND build a competitive PA school application.

The University of Rhode Island's **B.S. in Kinesiology** provides a strong academic foundation for students aspiring to become Physician Assistants (PAs). Through coursework in human anatomy, physiology, exercise science, chemistry, and other sciences, students develop an understanding of the human body, health, disease prevention, and physical function. This scientific preparation, combined with critical thinking and communication skills, helps prepare students for the rigorous demands of graduate-level PA education.

Becoming a competitive PA applicant requires more than completing the right courses. Students should begin early to gain meaningful, hands-on direct patient-care experience through opportunities including, but not limited to, working as a certified nursing assistant (CNA), emergency medical technician (EMT), or medical assistant. These experiences help students develop clinical awareness, compassion, teamwork, and an understanding of patient needs while confirming their commitment to the profession. Shadowing PAs, participating in community service, and developing leadership skills further strengthen their preparation.

Throughout their undergraduate years, students should work closely with advisors to complete PA school prerequisites, which can vary between PA programs, in addition to maintaining a strong academic record, and building substantial direct patient-care experience. Many successful applicants spend one or two years after graduation gaining additional clinical experience before applying.

The goal is not simply to graduate with a Kinesiology degree, but to graduate prepared academically, clinically, and personally for the next step toward becoming a Physician Assistant.

FALL	SPRING	KINESIOLOGY MILESTONES	PRE-PA MILESTONES
YEAR ONE			
BIO 110 + BIO 103 (4) COM 100 (3) PSY 113 (3) KIN 123 (3) URI 101 (1)	BIO 220 + BIO 221 (4) CHM 101 + 102 lab* (4-5) KIN 275 (3) MTH 103 (3)	Complete A&P I; establish strong science GPA. Meet major-entry requirements with advisor.	Join Pre-Health Connect; attend a Pre-Health 101 Information Session. Explore PA roles; begin shadowing, service and direct patient-care opportunities.
YEAR TWO			
BIO 222 + BIO 223 (4) CHM 112 + 114 lab* (4) WRT 106 (3) NUT 207 (3) Gen Ed (C3) (3)	KIN 300 + KIN 301 (4) CHM 124 + CHM 126 (4) KIN 381 (3) ENG 160 (4) KIN 390 (2)	Finish A&P sequence; complete exercise physiology. Map remaining KIN courses and 12-credit internship eligibility.	Continue (or begin) direct patient-care experience; track experiences, responsibilities and hours. Build target PA school list and compare science prerequisites.
YEAR THREE			
BIO 102 + BIO 104 (4) CMB 211 (4) KIN 320 (3) KIN 325 (3) KIN 222 (3)	BIO 352 (4) STA 307 or 308 (4) KIN 370 (3) KIN 420 (3) KIN 375G (3)	Check internship prerequisites (84 credits, ≥2.5 GPA, CPR and specified courses). Audit general education and 120-credit progress.	Continue direct patient-care hours, shadowing and service. Confirm microbiology, biochemistry, genetics and other program-specific prerequisites; seek strong letter of recommendation writers.
YEAR FOUR			
KIN 484 Internship (12)† Gen Ed (A4) (3)	CMB 311 (3) Advanced PSY choice (3) KIN prof. elective (1-3) PA prerequisite(s) as needed* Electives to reach 120 credits	Complete KIN 484 and required professional electives (12 credits total; ≥6 KIN). Confirm all 120 credits and graduation clearance.	Finalize program list and CASPA materials; request strong letters of recommendation. Apply when academically and experientially ready; consider growth year(s) to build direct patient-care hours.

* PA program application requirements vary. †KIN 484 is a degree internship; it does not automatically qualify as direct patient-care experience.

Advising resources: career.uri.edu/channels/physician-assistant/ | web.uri.edu/advising/kinesiology-b-s/