

**DEPARTMENT OF KINESIOLOGY**  
**EXERCISE SCIENCE – CURRICULUM PLANNING SHEET**  
**2020-2021**

**NAME** \_\_\_\_\_  
**ID NUMBER** \_\_\_\_\_  
**120 Total Credits**

| <b>CORE EXERCISE SCIENCE REQUIREMENTS – Take ALL of the following courses (45 credits)</b>                                                                                                                                                                                                                                                                                                                               |        |       |                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------|---------------------------|
| Course                                                                                                                                                                                                                                                                                                                                                                                                                   | Credit | Taken | Prerequisites             |
| URI 101                                                                                                                                                                                                                                                                                                                                                                                                                  | 1      |       |                           |
| BIO 220/221 A&P I/Lab                                                                                                                                                                                                                                                                                                                                                                                                    | 4      |       |                           |
| BIO 222/223 A&P I/Lab                                                                                                                                                                                                                                                                                                                                                                                                    | 4      |       | BIO 220/221               |
| CHM 103 Chemistry                                                                                                                                                                                                                                                                                                                                                                                                        | 3      |       |                           |
| KIN 275 Intro Ex Science                                                                                                                                                                                                                                                                                                                                                                                                 | 3      |       |                           |
| KIN 300 Ex Physiology                                                                                                                                                                                                                                                                                                                                                                                                    | 3      |       | BIO 222                   |
| KIN 301 Ex Physiology Lab                                                                                                                                                                                                                                                                                                                                                                                                | 1      |       | BIO 223                   |
| KIN 320 Resistance Training                                                                                                                                                                                                                                                                                                                                                                                              | 3      |       | BIO 222, KIN 275, KIN 300 |
| KIN 325 Ex Testing & Rx                                                                                                                                                                                                                                                                                                                                                                                                  | 3      |       | BIO 222, KIN 275, KIN 300 |
| KIN 370 Kinesiology                                                                                                                                                                                                                                                                                                                                                                                                      | 3      |       | BIO 222                   |
| KIN 381 PA Behavior                                                                                                                                                                                                                                                                                                                                                                                                      | 3      |       | PSY 113                   |
| KIN 390 Seminar                                                                                                                                                                                                                                                                                                                                                                                                          | 2      |       | Jr standing               |
| KIN 484 Internship**                                                                                                                                                                                                                                                                                                                                                                                                     | 12     |       | *See below                |
| **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. |        |       |                           |

| <b>PROFESSIONAL CONTENT AREA – Take all courses listed in ONE area (Pre-Professional or Applied)</b> |    |  |                                              |    |  |
|------------------------------------------------------------------------------------------------------|----|--|----------------------------------------------|----|--|
| <b>Pre-Professional *</b>                                                                            |    |  | <b>Applied*</b>                              |    |  |
| CHM 105 Chemistry Lab                                                                                | 1  |  | KIN 369 Measurement and Evaluation           | 3  |  |
| CHM 124 Organic Chemistry                                                                            | 3  |  | KIN 425 Program Development                  | 3  |  |
| CHM 126 Organic Chemistry Lab                                                                        | 1  |  | KIN 125 Group Exercise                       | 2  |  |
| CMB 210 Biochemistry Aspects                                                                         | 3  |  |                                              |    |  |
| PSY 232, 235, 254 OR 255                                                                             | 3  |  | <b>Select 3 Professional Electives below</b> |    |  |
|                                                                                                      |    |  | KIN 243 Athletic Injuries                    | 3  |  |
| <b>Select 1 Statistics Course below</b>                                                              |    |  | KIN 375G Exercise is Medicine                | 3  |  |
| PSY 200 Quantitative Methods                                                                         | 4  |  | KIN 414 Adv. Strength & Conditioning         | 3  |  |
| STA 307 Biostatistics                                                                                | 4  |  | KIN 401 Current Issues in Health Ed          | 3  |  |
| STA 308 Introductory Statistics                                                                      | 4  |  | NFS 360 Sports Nutrition                     | 3  |  |
|                                                                                                      |    |  | PSY 255 Health Psychology                    | 3  |  |
| <b>Select 1 Professional Elective or other KIN or health-related course</b>                          | 3  |  | Other KIN or health-related course           | 3  |  |
|                                                                                                      |    |  |                                              |    |  |
| Total Credits                                                                                        | 18 |  |                                              | 17 |  |

\*See page 4 for prerequisites



**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, 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 your undergraduate program, you 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. Work with your academic advisor in selecting programs.

**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 observations requirements and GRE requirements by program at <http://www.ptcas.org/ProgramPrereqs/>

University of Rhode Island PT School Prerequisites:

- 12 credits of Biology: BIO 101, 220/221, 222/223 (required in pre-professional track)
- 8 credits of Chemistry: CHM 103, 105, 124, 126 (required in pre-professional track)
- 8 credits of Physics: PHY 111, 185, 112, 186 (use free elective or general education credit)
- 6 credits of Psychology including a second level PSY course (e.g., developmental, adolescent, social...): PSY 113 required; choose a second level course for Pre-Professional requirements
- 3 Credits of Pre-Calculus: use free elective or general education credit to take MTH 111
- 3 credits of Statistics: (required in pre-professional track)
- 3 credits of Communication: COM 100 required

Note: Other PT programs often include additional/different prerequisites such as requiring BIO 102 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 so that they can use free elective or general education courses to fulfill any additional requirements.

**Occupational Therapy:** There is little consistency in prerequisites among graduate programs in occupational therapy. A list of OT program 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.

**PROFESSIONAL CONTENT AREA COURSE PREREQUISITES/NOTES**

|         |                                                                 |
|---------|-----------------------------------------------------------------|
| 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                             |
| BIO 221 | Credit or concurrent enrollment in BIO 220                      |
| BIO 223 | Credit or concurrent enrollment in BIO 222                      |
| PSY 200 | PSY 113, sophomore standing, one math course                    |
| PSY 232 | PSY 113 (also a pre-req for other 200-level PSY classes)        |
| STA 307 | MTH 107 or 108 or 131 or 141                                    |
| STA 308 | MTH 107 or 110 or 111 or 131 or 141 or BUS 111                  |
| KIN 369 | Math gen ed requirement & completion of 30 credits              |
| KIN 425 | KIN 275 and junior standing                                     |
| KIN 414 | BIO 222, KIN 370, & KIN 320; not offered every semester         |
| KIN 420 | KIN 300, KIN 301, & KIN 325                                     |
| NFS 360 | NSF 207 or 210 & Kin 275 or BIO 222; not offered every semester |

| <b>Pre-Professional Exercise Science – Course Rotation Example</b> |                                                               |                                                               |                                                                              |                                                       |                                                      |                                                                      |                                                                      |
|--------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|
| FALL 1                                                             | SPRING 1                                                      | FALL 2                                                        | SPRING 2                                                                     | FALL 3                                                | SPRING 3                                             | FALL 4                                                               | SPRING 4                                                             |
| BIO 101<br>BIO 103<br>PSY 113<br>URI 101<br>COM 100<br>KIN 123     | BIO 220<br>BIO 221<br>NFS 207<br>Gen Ed<br>WRT 106<br>KIN 275 | CHM 103<br>CHM 105<br>PSY 232<br>BIO 222<br>BIO 223<br>Gen Ed | CHM 124<br>CHM 126<br>KIN 300<br>KIN 301<br>Gen ed<br>STA 308<br>Free elect. | KIN 320<br>KIN 325<br>CMB 210<br>KIN 381<br>Free elec | KIN 370<br>KIN 390<br>KIN 420<br>Free elec<br>Gen ed | Free elec (8)<br>Gen ed (6)<br>KIN prof elec<br><br>OR<br>Internship | Free elec (8)<br>Gen ed (6)<br>KIN prof elec<br><br>OR<br>Internship |
| 14 credits                                                         | 17 credits                                                    | 14 credits                                                    | 17 credits                                                                   | 16 credits                                            | 15 credits                                           | 12 or 17 credits                                                     |                                                                      |

| <b>Applied Exercise Science – Course Rotation Example</b>      |                                                              |                                                                       |                                                               |                                                                   |                                                        |                                                  |                                                  |
|----------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| FALL 1                                                         | SPRING 1                                                     | FALL 2                                                                | SPRING 2                                                      | FALL 3                                                            | SPRING 3                                               | FALL 4                                           | SPRING 4                                         |
| BIO 101<br>BIO 103<br>PSY 113<br>URI 101<br>COM 100<br>KIN 123 | BIO 220<br>BIO 221<br>Gen Ed<br>WRT 106<br>KIN 275<br>Gen Ed | KIN 125 KIN<br>Prof elec<br>BIO 222<br>BIO 223<br>Gen Ed<br>Free elec | KIN 300<br>KIN 301<br>KIN 369<br>NFS 207<br>CHM 103<br>Gen ed | KIN 320<br>KIN 325<br>KIN 425<br>KIN 381<br>Prof. elec<br>KIN 390 | KIN 420<br>KIN 370<br>Free elec<br>Gen ed<br>Prof elec | Free elec (13)<br>Gen ed<br><br>OR<br>Internship | Free elec (13)<br>Gen ed<br><br>OR<br>Internship |
| 14 credits                                                     | 17 credits                                                   | 15 credits                                                            | 16 credits                                                    | 17 credits                                                        | 15 credits                                             | 12 or 16 credits                                 |                                                  |

These are examples only. Depending on course availability, your schedule may vary from this slightly, especially if you take summer or J-term classes. It is recommended that you keep your schedule as close to this example as possible. BIO 222 is a prerequisite for most KIN classes so it must be taken early in your program (preferably by fall of your Sophomore year.)