

**DEPARTMENT OF KINESIOLOGY**  
**EXERCISE SCIENCE – CURRICULUM PLANNING SHEET**  
**2022-2023**

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

<b>CORE EXERCISE SCIENCE REQUIREMENTS – Take ALL of the following courses (51-52 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		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, and 1 of MTH 101, 103, 111, 131
KIN 381 PA Behavior	3		PSY 113
KIN 390 Seminar	2		Jr standing
KIN 484 Internship**	12		**See below
Statistics; choose PSY 200, STA 220, STA 307, OR STA 308	4		PSY 200: PSY 113 and college level math course; STA 220: none; STA 307: MTH 107, 108, 131 or 141; STA 308: MTH 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.

<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 425 Program Development	3	
CHM 124 Organic Chemistry	3		KIN 125 Group Exercise	2	
CHM 126 Organic Chemistry Lab	1				
CMB 210 Biochemistry Aspects	3		<b>Select 3 Professional Electives below</b>		
			KIN 243 Athletic Injuries	3	
			KIN 375G Exercise is Medicine	3	
<b>Select 1 Professional Elective or other KIN or health-related course</b>	3		KIN 414 Adv. Strength & Conditioning	3	
			KIN 401 Current Issues in Health Ed	3	
			NFS 360 Sports Nutrition	3	
			PSY 255 Health Psychology	3	
			KIN 369 Meas & Eval in Kinesiology	3	
			Other KIN or health-related course	3	
<b>Total Credits</b>	<b>11</b>			<b>14</b>	

\*See page 4 for prerequisites

**GENERAL EDUCATION REQUIREMENTS – 40 Credits**

Course	Credit	Knowledge				Competencies				Responsibilities			Integ.	Approved Grand Challenge Course
		A1. STEM	A2. Social & Behavioral Sciences	A3. Humanities	A4. Arts & Design	B1. Write Effectively	B2. Communicate Effectively	B3. Math, Stats, Computation	B4. Information Literacy	C1. Civic Knowledge & Responsibility	C2. Global Responsibilities	C3. Diversity & Inclusion	D1. Ability to Synthesize	
BIO 110 or 101	3	X												
BIO 103	1	X												
COM 100	3						X			X				
KIN 123	3		X						X					
KIN 420	3												X	
NFS 207	3	X						X						
PSY 113	3		X											
WRT 106	3					X			X					
Total Credits														

**FREE Electives – Use free electives as needed to total 120 credits**

Total Credits

\*Students considering Physical Therapy should use free electives or general education courses to take graduate school prerequisites (see page 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, 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 101/103)
- 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.

**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
NFS 360	NSF 207 or 210 & KIN 275 or BIO 222; not offered every semester
PSY 200	PSY 113, sophomore standing, and 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

Pre-Professional Exercise Science – Course Rotation Example							
FALL 1	SPRING 1	FALL 2	SPRING 2	FALL 3	SPRING 3	FALL 4	SPRING 4
BIO 101 BIO 103 PSY 113 URI 101 COM 100 KIN 123	BIO 220 BIO 221 NFS 207 Gen Ed WRT 106 KIN 275	CHM 103 CHM 105 PSY 232 BIO 222 BIO 223 Math	CHM 124 CHM 126 KIN 300 KIN 301 Gen Ed (6) Statistics	KIN 320 KIN 325 CMB 210 KIN 381 Free elec	KIN 370 KIN 390 KIN 420 Free elec Gen Ed	Free elec (8) Gen Ed (6) Prof elec  OR  Internship	Free elec (8) Gen Ed (6) Prof elec  OR  Internship
14 credits	16 credits	14 credits	17-18 credits	16 credits	15 credits	12 or 17 credits	

Applied Exercise Science – Course Rotation Example							
FALL 1	SPRING 1	FALL 2	SPRING 2	FALL 3	SPRING 3	FALL 4	SPRING 4
BIO 101 BIO 103 PSY 113 URI 101 COM 100 KIN 123	BIO 220 BIO 221 Gen Ed WRT 106 KIN 275 Gen Ed	KIN 125 Prof elec BIO 222 BIO 223 Gen Ed Math	KIN 300 KIN 301 KIN 369 NFS 207 CHM 103 Gen Ed	KIN 320 KIN 325 KIN 425 KIN 381 KIN 390 Prof elec	KIN 420 KIN 370 Statistics Gen ed Prof elec	PSY 2xx Free elec (10) Gen Ed  OR  Internship	PSY 2xx Free elec (10) Gen Ed  OR  Internship
14 credits	16 credits	15 credits	16 credits	17 credits	16 credits	12 or 16 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.)