

DEPARTMENT OF KINESIOLOGY

NAME _____

EXERCISE SCIENCE – CURRICULUM PLANNING SHEET

ID NUMBER _____

2018-2019

120 Total Credits

CORE EXERCISE SCIENCE REQUIREMENTS – Take ALL of the following courses (47 credits)

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 278 P.A./ Culture	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.

PROFESSIONAL CONTENT AREA – Take all courses listed in ONE area (Pre-Professional or Applied)

Pre-Professional *		Applied*		
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			
BIO 244 Physiology Lab	1	Select 2 Professional Electives below		
		KIN 243 Athletic Injuries	3	
Select 1 Statistics Course below		KIN 382 Sport Psychology	3	
PSY 200 Quantitative Methods	4	KIN 414 Adv. Strength & Conditioning	3	
STA 307 Biostatistics	4	KIN 475 Gender/Physical Culture	3	
STA 308 Introductory Statistics	4	KIN 478 Sport, Film, Politics	3	
		NFS 360 Sports Nutrition	3	
		PSY 255 Health Psychology	3	
Total Credits	13		14	

*See page 4 for prerequisites

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 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; use free elective or general education credit for second level course
- 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
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 382	PSY 113; not offered every semester.
KIN 414	BIO 222, KIN 370, & KIN 320; not offered every semester
KIN 420	KIN 300, KIN 301, & KIN 325
KIN 475	KIN 278, SOC 100, GWS 150, or JOR 110; not offered every semester
KIN 478	KIN 278, SOC 100, GWS 150, or JOR 110; not offered every semester
NFS 360	NSF 207 or 210 & Kin 275 or BIO 222; not offered every semester

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 220	CHM 103	CHM 124	KIN 320	KIN 381	Free elec (11)	Free elec (11)
BIO 103	BIO 221	CHM 105	CHM 126	KIN 325	KIN 390	Gen ed (6)	Gen ed (6)
PSY 113	NFS 207	KIN 278	KIN 300	CMB 210	KIN 420		
URI 101	Gen Ed	BIO 222	KIN 301	Free elec	Free elec	OR	OR
COM 100	WRT 106	BIO 223	KIN 370	Gen ed	Gen ed		
KIN 123	KIN 275	Gen Ed	STA 308			Internship	Internship
			Free elect.				
14 credits	17 credits	14 credits	17 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 220	KIN 125	KIN 300	KIN 320	KIN 381	Free elec (13)	Free elec (13)
BIO 103	BIO 221	KIN 278	KIN 301	KIN 325	KIN 420	Gen ed	Gen ed
PSY 113	Gen Ed	BIO 222	KIN 369	KIN 425	Free elec		
URI 101	WRT 106	BIO 223	KIN 370	Prof. elec	Gen ed	OR	OR
COM 100	KIN 275	Gen Ed	NFS 207	KIN 390	Prof elec		
KIN 123	Gen Ed	Free elec	CHM 103	Gen ed		Internship	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.)