

DEPARTMENT OF KINESIOLOGY

NAME \_\_\_\_\_

EXERCISE SCIENCE - CURRICULUM PLANNING SHEET

ID NUMBER \_\_\_\_\_

Entering URI 2013-2015

120 Total Credits

Pre-Professional \_\_\_\_\_ Applied Exercise Science \_\_\_\_\_

**GENERAL EDUCATION REQUIREMENTS.....37 credits minimum**

English Communications	(6)	WRT 104 <i>or</i> 106 _____	COM 100 _____
Natural Science	(6)	NFS 207 _____	CHM 103 _____
Social Science	(6)	PSY 113 _____	PSY 232, 235, 254, <i>or</i> 255 _____
Fine Arts/Literature*	(6**)	_____	_____
Foreign Language/Culture*	(6)	_____	_____
Letters*	(6**)	_____	_____
Mathematical & Quantitative*^	(3)	_____	_____
URI 101	(1)	_____	_____

\*When not specified, you may select any general education course listed in the General Education Handbook which can be found at <http://www.uri.edu/advising/>

\*\*May reduce Fine Arts and Literature or Letters by 3 credits

^Students interested in pursuing a Doctorate in Physical Therapy at URI are required to take MTH 111. MTH 111 can be used to satisfy the Mathematical & Quantitative General Education requirement

**CORE EXERCISE SCIENCE REQUIREMENTS – Take ALL of the following courses.....53 credits**

BIO 101 Principles of Biology I	(3)	_____	
BIO 103 Principles of Biology Lab	(1)	_____	
BIO 121 Human Anatomy	(4)	_____	
BIO 242 Human Physiology	(3)	_____	(Pre: BIO 121)
KIN 123 Foundations of Health	(3)	_____	
KIN 275 Intro to Exercise Science	(3)	_____	
KIN 278 Physical Activity/Culture	(3)	_____	
KIN 300 Exercise Physiology	(3)	_____	(Pre: BIO 121)
KIN 301 Exercise Physiology Lab	(1)	_____	(Pre: BIO 121)
KIN 320 Resistance Training	(3)	_____	(Pre: BIO 121, KIN 275, KIN 300)
KIN 325 Exercise Testing/Prescription	(3)	_____	(Pre: BIO 121, KIN 275, KIN 300)
KIN 381 PA Behavior	(3)	_____	(Pre: PSY 113)
KIN 370 Kinesiology	(3)	_____	(Pre: BIO 121)
KIN 390 Seminar	(2)	_____	
KIN 420 Fitness and Chronic Disease	(3)	_____	(Pre: BIO 121, KIN 275, KIN 300, KIN 325)
KIN 484 Internship**	(12)	_____	(Pre: Read below**)

**\*\*Internship**

- Students must have a 2.5 GPA in Core Exercise Science courses to qualify for KIN 486 Internship. Students with a GPA below a 2.5 must take 12 additional credits of Kinesiology or health related courses including at least 6 credits at the 300-400 level. Courses should be selected with your academic advisor.
- Students may complete an internship if they have earned at least 84 credits that count toward degree progress as long as the following courses have been successfully completed: KIN 275, 300, 301, 325, 370, 320, 390, BIO 121, CHM 103, and CHM 124 (pre-professional only). Students doing a cardiac rehabilitation internship also must successfully complete KIN 420.
- Students must be currently certified in CPR by the American Heart Association or the American Red Cross.
- For additional information, visit the Kinesiology web page: [http://www.uri.edu/hss/physical\\_education/](http://www.uri.edu/hss/physical_education/).

**PROFESSIONAL CONTENT AREA** - Students take ALL classes listed in ONE area (Pre-Professional OR Applied Exercise Science)..... 30 credits

**Pre-Professional**

CHM 105 Chemistry Lab (1) \_\_\_\_\_ (Credit or concurrent enrollment in CHM 103)  
CHM 124 Organic Chemistry (3) \_\_\_\_\_ (CHM 101 or 103 with a grade of C- or better)  
CHM 126 Organic Chemistry Lab (1) \_\_\_\_\_ (CHM 102 or 105 & credit or concurrent enrollment in CHM 124)  
BIO 244 Human Physiology Lab (1) \_\_\_\_\_ (Credit or concurrent enrollment in BIO 242)  
BCH 211 Biochemistry\* (3) \_\_\_\_\_ (CHM 124)

PSY 200 Quantitative Methods *OR* \_\_\_\_\_ (PSY 113, sophomore standing, one math course)  
STA 307 Biostatistics *OR* (4) \_\_\_\_\_ (MTH 107 or 108 or 131 or 141)  
STA 308 Introductory Statistics \_\_\_\_\_ (MTH 107 or 110 or 111 or 131 or 141 or BUS 111)

Free Electives (17)

\*BCH 211 is offered in the fall and summer only

Note: Students applying to Physical Therapy graduate programs must take MTH 111, PHY 111, 112, 185, and 186 as free electives. MTH 111 can also be used to fulfill the Mathematical General Education Requirement

**Applied Exercise Science**

KIN 369 Measurement and Evaluation (3) \_\_\_\_\_ (Math gen ed requirement & completion of 30 credits)  
KIN 425 Program Development (3) \_\_\_\_\_ (KIN 275 & junior standing)  
KIN 125 Teaching Group Exercise (2) \_\_\_\_\_

Select 2 of the following professional electives:

KIN 243 Athletic Injuries (3) \_\_\_\_\_ (BIO 121)  
KIN 382 Sport Psychology (3) \_\_\_\_\_ (PSY 113)  
KIN 414 Strength and Conditioning (3) \_\_\_\_\_ (BIO 121, KIN 275, KIN 300, & KIN 320)  
KIN 475 Gender and Physical Culture (3) \_\_\_\_\_ (KIN 278, SOC 100, WMS 150, or JOU 110)  
KIN 478 Sport, Film, and Politics (3) \_\_\_\_\_ (KIN 278, SOC 100, WMS 150, or JOU 110)  
NFS 360 Sports Nutrition (3) \_\_\_\_\_ (NFS 207 or 210 and KIN 275 or BIO 242)  
PSY 255 Health Psychology (3) \_\_\_\_\_

Free Electives (16 credits)

\*KIN 382, 475, 478 and NFS 360 are not offered every semester. Consult e-campus for course offerings.

**FREE ELECTIVES** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use your free electives wisely: 1) Knowledge and skill development for your chosen career; 2) To complete prerequisites for graduate school; 3) To complete a minor and/or 4) To learn about other areas of interest

Advisor Signature: \_\_\_\_\_

An advisor signed copy of this completed form to be submitted to the Dean's Office with the Intent to Graduate Form.  
Submission deadlines: October 15<sup>th</sup> for May graduation; November 15<sup>th</sup> for August graduation; April 15<sup>th</sup> for December graduation.