

This specialization is designed for students considering a career or graduate degree in allied health professions, including **exercise physiology, cardiac rehabilitation, physical therapy, physician's assistant, or occupational therapy**. In their sophomore or junior years, students should contact graduate schools they intend to apply to for information about specific undergraduate classes that might be needed to meet those schools' graduate program requirements. Total credits needed for graduation: 120

**General Education Requirements (40 credits):**

	Course	Course
English Communications	(6 cr) WRT 104,105, or 106 _____	COM 100 _____
Natural Sciences	(7 cr) CHM 103*** _____	BIO 101 _____
Social Sciences	(6 cr) PSY 113 _____	_____
Fine Arts/Literature	(6 cr) _____	_____
Foreign Lang./Cultural Competence*	(6 cr) _____	_____
Letters	(6 cr) _____	_____
Mathematics+	(3 cr) _____	_____

\*\*\* CHM 105 (lab for CHM 103) is also required as a specialization requirement. It is recommended that these courses be taken during the same semester.

+ Students interested in pursuing a Doctorate in Physical Therapy (DPT) at the University of Rhode Island's Physical Therapy Program need to take MTH 111. MTH 111 can satisfy the Math General Education Requirement.

\* Students who Study Abroad for a semester are able to waive their Foreign Language/Cultural Competence Gen. Ed. Requirement.

\* For Foreign Language/Cultural Competence requirement, students can not combine one Foreign Language class with one Cultural Competence class. Both classes must focus on one Foreign Language or be chosen from the specific list of classes which meet the Cultural Competence requirement (see Course Catalog for list of eligible classes).

**Core KIN Curriculum Requirements (17 credits):**

BIO 121 (4 cr) Human Anatomy (required: grade of C or better)	_____
BIO 242 (3 cr) Human Physiology	_____ (Pre: BIO 121)
KIN 334 (3 cr) Physiology of Exercise	_____ (Pre: BIO 121 or BIO 242; jr standing)
URI 101 (1 cr)	_____
KIN 278 (3 cr) Physical Activity, Cultural Diversity, and Society	_____
KIN 370 (3 cr) Kinesiology	_____ (Pre: BIO 121, BIO 242)

**Specialization Requirements (40 credits):**

CHM 105 (1 cr) Laboratory for Chemistry 103	_____
CHM 124 (3 cr) Introduction to Organic Chemistry	_____ (Pre: CHM 103/105)
CHM 126 (1 cr) Laboratory for Organic Chemistry	_____
BIO 244 (1 cr) Laboratory for Human Physiology	_____ (BIO 121)
BCH 211 (3 cr) Introduction to Biochemistry	_____
NFS 207 (3 cr) General Nutrition	_____
KIN 275 (3 cr) Introduction to Exercise Science	_____
KIN 325 (3 cr) Exercise Testing and Prescription	_____ (Pre: KIN 275)
KIN 335 (1 cr) Physiology of Exercise Laboratory	_____ (Pre: BIO 121 or BIO 242)
KIN 369 (3 cr) Tests and Measurements	_____
KIN 420 (3 cr) Fitness Programs for Individuals w/Chronic Disease	_____ (Pre: KIN 325, KIN 334)
KIN 484 (12 cr) Supervised Field Experience	_____ (Pre: Concurrent enrollment in PEX 486)
KIN 486 (3 cr) Field Experience Seminar	_____

KIN 484 & 486 constitute one semester of classes (15 credits). Students must complete all course work before being approved for the Supervised Field Experience. Additional classes can not be taken during the same semester when one is performing their Field Experience. To complete KIN 484, students must be currently certified in CPR by the American Heart Association or the American Red Cross. Proof of certification must be submitted prior to the internship.

**Specialization Electives (select 15- 17 credits):**

		<b>Prerequisites</b>
BIO 445	(3 cr) Endocrinology	_____ (BCH 311 and BIO 121 or 242)
BIO 453	(3 cr) Cell Biology	_____ (2 semesters bio, BCH 311, junior standing)
BIO 451	(1 cr) Laboratory in Cell Biology	_____ (concurrent enrollment in Bio 453)
BCH 464	(3 cr) Biochem of Metabolic Disease	_____ (BCH 311 or BCH 481)
KIN 243**	(3 cr) Prevention and Care Athletic Injuries	_____ (BIO 121 recommended)
KIN 414	(3 cr) Fund. of Strength and Conditioning	_____ (KIN 334, 370)
KIN 475	(3 cr) Gender Issues in Sport	_____ (KIN 278 or SOC 11 or JOR 110)
KIN 478	(3 cr) Sport, Cultural Politics, and Media	_____ (KIN 278 or SOC 11 or JOR 110)
NFS 360	(3 cr) Nutrition in Exercise and Sport	_____
NFS 441	(3 cr) Advanced Human Nutrition	_____ (NFS 207, BIO 242, BCH 311, or permission of instructor)
NFS 444	(3 cr) Nutrition and Disease	_____ (NFS 441, 443, or permission of instructor)
MIC 211	(4 cr) Introductory Microbiology	_____ (2 sem. of BIO, 1 sem Org. Chem. which can be taken concurrently)
KIN 120	(1 cr) Weight Training	_____
KIN 391	(3 cr) Directed Study	_____
PHY 111*	(3 cr) General Physics I	_____
PHY 185*	(1 cr) Lab for General Physics I	_____
PHY 112*	(3 cr) General Physics II	_____ (PHY 111 and PHY 185)
PHY 186*	(1 cr) Laboratory for Physics II	_____
PSY 232*	(3 cr) Developmental Psychology	_____ (PSY 113)
PSY 300*	(3 cr) Quantitative Methods in Psych	_____ (PSY 113, 1 college-level MTH class, and soph. standing)
SOC 100	(3 cr) General Sociology	_____
SOC 224	(3 cr) Health, Illness and Medical Care	_____
STA 307	(3 cr) Introductory Biostatistics	_____ (MTH 107 or 108)
STA 308	(3 cr) Introductory Statistics	_____ (MTH 107 or 108)
STA 409	(3 cr) Statistical Methods in Research I	_____ (MTH 131 or 141)
STA 412	(3 cr) Statistical Methods in Research II	_____ (STA 307 or 308 or 409)

\*Those students interested in pursuing a Doctorate in Physical Therapy (DPT) at the University of Rhode Island's Physical Therapy Program must take: PHY 111/185, PHY 112/186, PSY 232, and PSY 300. STA 409 and 412 may be taken to replace PSY 300.

\*\* Highly recommended for students interested in Physical Therapy.

**Free Electives (6-8 credits):**

With their Free Electives, students are encouraged to take any classes that pique their interests beyond those required for their major. Students might also consider taking liberal arts oriented classes that facilitate their development of a broader base of knowledge that extends beyond their specialization. Or, students might choose to use these Free Electives to further enhance their education in becoming a health/fitness practitioner or to earn a Minor in another field.

**Other Key Issues Students Need to Know related to Advising and Graduation:**

- To transfer from University College to Kinesiology, students must earn at least 24 credits, hold a GPA of at least 2.0, pass BIO 101, and earn at least a C in BIO 121. (So BIO 101 & BIO 121 should be taken within a student's first 3 semesters).
- Exercise Science students are required to hold a GPA of at least 2.5 to be eligible to perform their Field Experience (PEX 484 & 486).
- Deadlines for submitting "Intent to Graduate Form" with Dean's Office to make students eligible for graduation: October 15<sup>th</sup> for May graduation, March 15<sup>th</sup> for August graduation, April 15<sup>th</sup> for December graduation.

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  
    March 15<sup>th</sup> for August graduation  
    April 15<sup>th</sup> for December graduation

## Kinesiology Course Sequence for Exercise Science Example - Students Entering in 2009 and 2010

### **FALL YEAR 1 (15 cr)**

CHM 103 (3) Chemistry \_\_\_\_\_  
 CHM 105 (1) Chem Lab \_\_\_\_\_  
 BIO 101 (4) Animal Bio \_\_\_\_\_  
 GEN ED (3) Social Science \_\_\_\_\_  
 GEN ED (3) Fine Arts \_\_\_\_\_  
 URI 101(1) \_\_\_\_\_

### **FALL YEAR 2 (16cr)**

KIN 275 (3) Intro Ex Sci \_\_\_\_\_  
 KIN 278 (3)Culture\Society \_\_\_\_\_  
 BIO 242 (3) Physiology \_\_\_\_\_  
 BIO 244 (1) Physiology Lab \_\_\_\_\_  
 GEN ED (3) Culture \_\_\_\_\_  
 SPEC ELECTIVE (3) \_\_\_\_\_

### **FALL YEAR 3 (14 cr)**

KIN 325 (3) Ex Testing \_\_\_\_\_  
 SPEC ELECTIVE (1) \_\_\_\_\_  
 KIN 334 (3) Ex Phys \_\_\_\_\_  
 KIN 335 (1) Ex Phys Lab \_\_\_\_\_  
 SPEC ELECIVE (3) \_\_\_\_\_  
 SPEC ELECTIVE (3) \_\_\_\_\_

### **FALL YEAR 4 (15 cr)**

BCH 211 (3) Biochem (F) \_\_\_\_\_  
 KIN 420 (3) Chronic Disease \_\_\_\_\_  
 SPEC ELECTIVE (3) \_\_\_\_\_  
 FREE ELECTIVE (3) \_\_\_\_\_  
 GEN ED (3) Letters \_\_\_\_\_

### **SPRING YEAR 1 (16 cr)**

BIO 121 (4) Anatomy \_\_\_\_\_  
 COM100 (3) Commun. \_\_\_\_\_  
 PSY 113 (3) Psychology \_\_\_\_\_  
 GEN ED (3) Letters \_\_\_\_\_  
 GEN ED (3) Math \_\_\_\_\_

### **SPRING YEAR 2 (16 cr)**

GEN ED (3) Culture \_\_\_\_\_  
 NFS 207 (3) Nutrition \_\_\_\_\_  
 GEN ED (3) Writing \_\_\_\_\_  
 CHM 124 (3) Organic Chem \_\_\_\_\_  
 CHM 126 (1) Org. Chem Lab \_\_\_\_\_  
 FREE ELECTIVE (3) \_\_\_\_\_

### **SPRING YEAR 3 (13 cr)**

KIN 370 (3) Kinesiology \_\_\_\_\_  
 SPEC ELECTIVE (3) \_\_\_\_\_  
 KIN 369 (3) Tests Measures \_\_\_\_\_  
 SPEC ELECTIVE (1) \_\_\_\_\_  
 GEN ED (3) Fine Arts \_\_\_\_\_

### **SPRING YEAR 4 (15 cr)**

KIN 484 (12) Internship \_\_\_\_\_  
 KIN 486 (3) Seminar \_\_\_\_\_

Courses denoted (S) are offered during the spring semester only

Courses denoted (F) are offered during the fall semester only