

University of Rhode Island
(For students entering September, 2012)

Department of Kinesiology
Specialization: Exercise Science

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 _____
		BIO 103 _____
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	_____
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 with a C- or better and 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 KIN 486)
KIN 486 (3 cr) Field Experience Seminar	_____

KIN 484 & 486 constitute one semester of classes (15 credits). Exercise science and health fitness students who have earned at least 84 credits that count toward degree progress are allowed to complete their internship during the summer between their junior and senior year or during the fall semester of their senior year as long as they have passed the following courses: KIN 275, 325, 334, 335, 370; BIO 121; CHM 103, and CHM 124/126 (exercise science only) and have met all other internship requirements outlined in the handbook online.

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):**Prerequisites**

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/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, and pass BIO 101.
- Exercise Science students are required to hold a KIN GPA of at least 2.5 to be eligible to perform their Field Experience (KIN 484 & 486).
- Deadlines for submitting "Intent to Graduate Form" with Dean's Office to make students eligible for graduation: October 15th for May graduation, March 15th for August graduation, April 15th 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 15th for May graduation
 March 15th for August graduation
 April 15th for December graduation

Kinesiology Course Sequence for Exercise Science Example* - Students Entering in 2012

FALL YEAR 1 (14 cr)

BIO 101 Biology (3) _____
 BIO 103 Biology Lab (1) _____
 COM 100 (3) _____
 PSY 113 (3) _____
 GEN ED Soc Science (3) _____
 URI 101 (1) _____

SPRING YEAR 2 (16 cr)

BIO 121 (4) Anatomy _____
 NFS 207 (3) Nutrition _____
 GEN ED (3) Math _____
 GEN ED (3) Fine Arts _____
 GEN ED (3) Writing _____

FALL YEAR 2 (14 cr)

CHM 103 (3) Chemistry _____
 CHM 105 (1) Chemistry Lab _____
 BIO 242 (3) Physiology _____
 BIO 244 (1) Physiology Lab _____
 KIN 275 (3) Intro to Ex Sci _____
 KIN 278 (3) PA and Culture _____

SPRING YEAR 2 (16 cr)

CHM 124 (3) Organic Chem _____
 CHM 126 (1) Orgo Chem Lab _____
 GEN ED (3) Culture _____
 GEN ED (3) Letters _____
 SPEC ELECTIVE (3) _____
 KIN 369 (3) _____

FALL YEAR 3 (16 cr)

**BCH 211 (3) Biochemistry _____
 KIN 325 (3) Exercise Testing _____
 KIN 334 (3) Exercise Physiology _____
 KIN 335 (1) Exercise Phys Lab _____
 GEN ED (3) Fine Arts _____
 SPEC ELECTIVE (3) _____

SPRING YEAR 3 (16 cr)

GEN ED (3) Culture _____
 KIN 370 (3) Kinesiology _____
 SPEC ELECTIVE (3) _____
 SPEC ELECTIVE (1) _____
 KIN 420 (3) Chronic Disease _____
 SPEC ELECTIVE (3) _____

FALL YEAR 4 (15 or 13 cr)

KIN 484 (12) Internship _____
 KIN 486 (3) Seminar _____
OR
 SPEC ELECTIVE (1) _____
 SPEC ELECTIVE (3) _____
 GEN ED Letters (3) _____
 FREE ELECTIVE (3) _____
 FREE ELECTIVE (3) _____

SPRING YEAR 4 (15 or 13 cr)

KIN 484 (12) Internship _____
 KIN 486 (3) Seminar _____
OR
 SPEC ELECTIVE (1) _____
 SPEC ELECTIVE (3) _____
 GEN ED Letters (3) _____
 FREE ELECTIVE (3) _____
 FREE ELECTIVE (3) _____

*This example contains 17 specialization electives and 6 free electives (your other option is 15 specialization electives and 8 free electives). Stick as closely as you can to this plan depending on course availability. **IT IS HIGHLY RECOMMENDED THAT YOU TAKE BIO 121 ANATOMY DURING YOUR FRESHMAN YEAR!!!!**

****BCH 211 is taught in the fall and summer semesters only.** CHM 103 and 124 are prerequisites, so plan accordingly.