

University of Rhode Island
(For students entering September, 2008)

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: 128

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 (25 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, BIO 242)
KIN 335 (1 cr) Physiology of Exercise Laboratory	_____
URI 101 (1 cr)	_____
KIN 123 (3 cr) Foundations of Health	_____
KIN 272* (1 cr) First Aid Instructor	_____
KIN 278 (3 cr) Physical Activity, Cultural Diversity, and Society	_____
KIN 369 (3 cr) Tests and Measurements	_____
KIN 370 (3 cr) Kinesiology	_____ (Pre: BIO 121, BIO 242)

*KIN 272 can be waived if one has already has a First Aid Instructor card that is current/active.

Specialization Requirements (39 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	_____
BCM 311 (3 cr) Introduction to Biochemistry	_____
NFS 207 (3 cr) General Nutrition	_____
KIN 243 (3 cr) Prevention and Care of Athletic Injuries	_____ (BIO 121 recommended)
KIN 275 (3 cr) Introduction to Exercise Science	_____
KIN 325 (3 cr) Fitness Appraisal and Guidance	_____ (Pre: KIN 275)
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.

Specialization Electives (select 15 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)
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 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)

Through consultation with their advisor, students are able to substitute other University classes not listed above if they feel those classes will facilitate their education in becoming a health/fitness practitioner. Such substitutions can be made through the use of the "Program Exception Form." Substitutions must be approved by Department Chair.

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 and PSY 300. STA 409 and 412 may be taken to replace PSY 300.

Free Electives (9 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 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 2008

FALL YEAR 1 (15 cr)

CHM 103 (3) Chemistry _____
 CHM 105 (1) Chem Lab _____
 BIO 101 (4) Animal Bio _____
 KIN 123 (3) Health _____
 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) Social Science _____
 GEN ED (3) Culture _____

FALL YEAR 3 (16 cr)

KIN 325 (3) Fit. Appraisal _____
 FREE ELECTIVE (3) _____
 KIN 334 (3) Ex Phys _____
 KIN 335 (1) Ex Phys Lab _____
 SPEC ELECIVE (3) _____
 SPEC ELECTIVE (3) _____

FALL YEAR 4 (16 cr)

KIN 369 (3) Tests Measures _____
 KIN 420 (3) Chronic Disease _____
 SPEC ELECTIVE (3) _____
 SPEC ELECTIVE (3) _____
 GEN ED (3) Letters _____
 FREE ELECTIVE (1) _____

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 (17 cr)

KIN 243 (3) Prevent. & Care _____
 NFS 207 (3) Nutrition _____
 GEN ED (3) Writing _____
 CHM 124 (3) Organic Chem _____
 CHM 126 (1) Org. Chem Lab _____
 GEN ED (3) Culture _____
 KIN 272 (1) First Aid _____

SPRING YEAR 3 (17 cr)

KIN 370 (3) Kinesiology _____
 SPEC ELECTIVE (3) _____
 BCH 311 (3) Biochem _____
 FREE ELECTIVE (5) _____
 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