

Exercise Science, B.S. - Pre Health Care Pathway for OT

FOR CATALOG YEAR 2021-2022



At the University of Maine at Presque Isle, our goal is to ensure you can Finish in Four. In addition to a wide range of academic and student support efforts, we've set up this pathway, or map, for you; if you follow this recommended sequence, you will complete your Bachelor's degree in four years. Together, we can help you Finish in Four and turn your degree into a great career.

Please note that this is a scheduling aid, not a guarantee of specific course offerings each semester. Course availability varies depending on the date of enrollment, so please be sure to consult the appropriate catalog for official degree/program requirements and seek guidance regularly from your faculty and professional academic advisors.

www.umpi.edu/academics/exercise-science

1

FIRST YEAR FALL SEMESTER

UNV 101	University Experience*	2 credits	<input type="checkbox"/>
ENG 101	College Composition I*	3 credits	<input type="checkbox"/>
BIO 112	General Biology I*	4 credits	<input type="checkbox"/>
MAT 101	Probability and Statistics*	3 credits	<input type="checkbox"/>
CHY 111	General Chemistry I	4 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

FIRST YEAR SPRING SEMESTER

EXS 101	Introduction to Exercise Science	3 credits	<input type="checkbox"/>
EXS 225	Strength Training Techniques & Conditioning	3 credits	<input type="checkbox"/>
BIO 113***	General Biology II* (suggested elective)	4 credits	<input type="checkbox"/>
ENG 121	College Composition II*	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 13 CREDITS

2

SECOND YEAR FALL SEMESTER

PHE 265	Motor Learning	3 credits	<input type="checkbox"/>
EXS 340	Prevention & Emergent Care in Sport	3 credits	<input type="checkbox"/>
BIO 261	Human Anatomy & Physiology I & Lab*	4 credits	<input type="checkbox"/>
PSY 100	Introduction to Psychology*	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

SECOND YEAR SPRING SEMESTER

BIO 262	Human Anatomy & Physiology II & Lab*	4 credits	<input type="checkbox"/>
PSY 311	Research Methods I	3 credits	<input type="checkbox"/>
EXS 246	Introduction to Assessment	3 credits	<input type="checkbox"/>
EXS 274	Structural Kinesiology	3 credits	<input type="checkbox"/>
GEC	General Education Course (SWK 202 strongly recommended - 4c/5d)	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

3

THIRD YEAR FALL SEMESTER

EXS 342	Advanced Assessment	3 credits	<input type="checkbox"/>
EXS 381	Biomechanics	3 credits	<input type="checkbox"/>
PHY 153***	Physics I	4 credits	<input type="checkbox"/>
BUS/COM 210	Business Communication	3 credits	<input type="checkbox"/>
GEC	History (recommended)	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

THIRD YEAR SPRING SEMESTER

PSY 205***	Lifespan Development (suggested elective)	3 credits	<input type="checkbox"/>
BIO 336***	Neurobiology (odd years) (suggested elective)	3 credits	<input type="checkbox"/>
EXS 343	Corrective Exercise	3 credits	<input type="checkbox"/>
EXS 382	Physiology of Exercise	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

4

FOURTH YEAR FALL SEMESTER

BIO 402	Pathophysiology	3 credits	<input type="checkbox"/>
EXS 388**	Practicum in Exercise Science	3 credits	<input type="checkbox"/>
EXS 487	Organization & Administration in Health Care	3 credits	<input type="checkbox"/>
GEC	ANT 100/SOC 100 - 5a	3 credits	<input type="checkbox"/>
GEC	Language - 5c	3 credits	<input type="checkbox"/>

Semester Total 15 credits

FOURTH YEAR SPRING SEMESTER

EXS 405	Exercise Science Capstone	1 credits	<input type="checkbox"/>
EXS 496**	Field Work in Exercise Science	3 credits	<input type="checkbox"/>
EXS 425	Science of Strength & Conditioning	3 credits	<input type="checkbox"/>
PSY 235	Abnormal Psychology (suggested elective)	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

Semester Total 13 credits

Total Minimum Credits Required for Degree: **120 credits**

Barbara Blackstone

152 Wieden Hall, 181 Main St., Presque Isle, ME 04769
Phone: (207) 768-9415 • barbara.blackstone@maine.edu

*Meets General Education Curriculum requirement

** Course contains a 100 hour preceptorship components.

*** See faculty adviser for OT grad school preparations.