

Exercise Science, B.S. - Self-Designed

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

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FIRST YEAR FALL SEMESTER

UNV 101	University Experience*	2 credits	<input type="checkbox"/>
PHE 265	Motor Learning	3 credits	<input type="checkbox"/>
HEA 102	Medical Terminology (Elective Option)	1 credit	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 12 CREDITS

FIRST YEAR SPRING SEMESTER

BIO 112	General Biology I*	4 credits	<input type="checkbox"/>
EXS 101	Introduction to Exercise Science	3 credits	<input type="checkbox"/>
EXS 225	Strength Training Techniques & Conditioning	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

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SECOND YEAR FALL SEMESTER

BIO 261	Human Anatomy and Physiology I & Lab*	4 credits	<input type="checkbox"/>
EXS 340	Prevention and Emergent Care in Sport	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	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 and Physiology II & Lab*	4 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	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 13 CREDITS

3

THIRD YEAR FALL SEMESTER

EXS 381	Biomechanics	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

THIRD YEAR SPRING SEMESTER

EXS 343	Corrective Exercise	3 credits	<input type="checkbox"/>
EXS 382	Physiology of Exercise	3 credits	<input type="checkbox"/>
EXS 425	Science of Strength & Conditioning	3 credits	<input type="checkbox"/>
PSY 310	Sports Psychology (Elective Option)	3 credits	<input type="checkbox"/>
BIO 300	Human Nutrition* (Elective Option)	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

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FOURTH YEAR FALL SEMESTER

EXS 388	Practicum Exercise Science	3 credits	<input type="checkbox"/>
EXS 487	Organization & Administration in Health Care	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

FOURTH YEAR SPRING SEMESTER

EXS 405	Exercise Science Capstone	1 credit	<input type="checkbox"/>
EXS 496	Field Work Experience	9 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

Barbara Blackstone

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

*Meets General Education Curriculum requirement

UPDATED 07/19/21