

# Exercise Science, B.S. – Self-Designed

FOR CATALOG YEAR 2022-2023



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.

## 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"/>

**First Year Fall 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"/>

**First Year Spring Semester Total: 16 Credits**

## Second Year Fall Semester

BIO 261	Human Anatomy & Physiology I & Lab*	4 credits	<input type="checkbox"/>
EXS 340	Prevention & 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"/>

**Second Year Fall Semester Total: 16 Credits**

## Second Year Spring Semester

BIO 262	Human Anatomy & 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"/>

**Second Year Spring Semester Total: 13 Credits**

## 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"/>

**Third Year Fall 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"/>

**Third Year Spring Semester Total: 15 Credits**

## Fourth Year Fall Semester

EXS 388	Practicum in 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"/>

**Fourth Year Fall Semester Total: 15 Credits**

## Fourth Year Spring Semester

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

**Fourth Year Spring Semester Total: 16 Credits**

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

\* Meets General Education Curriculum requirement

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