# University of Maine at Presque IsleExercise Science, B.S. – Pre Health Care Pathway for PT & AT

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.

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| First Year Fall Semester

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| UNV 101 | University Experience\* | 2 credits | Stop outline |
| ENG 101 | College Composition I\* | 3 credits | Stop outline |
| BIO 112 | General Biology I\* | 4 credits | Stop outline |
| EXS 101 | Introduction to Exercise Science | 3 credits | Stop outline |
| CHY 111 | General Chemistry I\* | 4 credits | Stop outline |
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First Year Fall Semester Total: 16 Credits | First Year Spring Semester

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| MAT 101 | Probability and Statistics\* | 3 credits | Stop outline |
| EXS 225 | Strength Training Techniques & Conditioning | 3 credits | Stop outline |
| BIO 113\*\*\* | General Biology II\* (suggested elective) | 4 credits | Stop outline |
| ENG 121 | College Composition II\* | 3 credits | Stop outline |
| CHY 122 | General Chemistry II | 4 credits | Stop outline |

First Year Spring Semester Total: 17 Credits |
| Second Year Fall Semester

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| PHE 265 | Motor Learning | 3 credits | Stop outline |
| EXS 340 | Prevention & Emergent Care in Sport | 3 credits | Stop outline |
| BIO 261 | Human Anatomy & Physiology I & Lab\* | 4 credits | Stop outline |
| PSY 100 | Introduction to Psychology\* | 3 credits | Stop outline |
| GEC | General Education Course (SWK 202 strongly recommended – 4c/5d) | 3 credits | Stop outline |

Second Year Fall Semester Total: 16 Credits | Second Year Spring Semester

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| BIO 262  | Human Anatomy & Physiology II & Lab\* | 4 credits | Stop outline |
| PSY 311 | Research Methods I | 3 credits | Stop outline |
| EXS 246 | Introduction to Assessment | 3 credits | Stop outline |
| EXS 274 | Structural Kinesiology | 3 credits | Stop outline |
| GEC | General Education Course | 3 credits | Stop outline |
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Second Year Spring Semester Total: 16 Credits |
| Second Year Summer Semester

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| EXS 388\*\* | Practicum in Exercise Science | 3 credits | Stop outline |

**Second Year Summer Semester Total: 3 Credits** |  |
| Third Year Fall Semester

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| EXS 342 | Advanced Assessment | 3 credits | Stop outline |
| EXS 381 | Biomechanics | 3 credits | Stop outline |
| PHY 153\*\*\* | Physics I (suggested elective) | 4 credits |  |
| GEC | General Education Course (BUS/COM 210 strongly recommended) | 3 credits | Stop outline |

Third Year Fall Semester Total: 13 Credits | Third Year Spring Semester

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| PHY 154\*\*\* | Physics \*\* (suggested elective) | 4 credits | Stop outline |
| EXS 343 | Corrective Exercise | 3 credits | Stop outline |
| EXS 382 | Physiology of Exercise | 3 credits | Stop outline |
| GEC | General Education Course | 3 credits | Stop outline |
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Third Year Spring Semester Total: 13 Credits |
| Third Year Summer Session

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| EXS 496\*\* | Field Work in Exercise Science | 3 credits | Stop outline |

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| Fourth Year Fall Semester

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| BIO 402 | Pathophysiology | 3 credits | Stop outline |
| EXS 487 | Organization and Administration in Health Care | 3 credits | Stop outline |
| GEC | General Education Course (SWK 305 strongly recommended – 5a) | 3 credits | Stop outline |
| GEC | General Education Corse | 3 credits | Stop outline |

Fourth Year Fall Semester Total: 12 Credits | Fourth Year Spring Semester

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| EXS 405 | Exercise Science Capstone | 1 credit | Stop outline |
| EXS 425 | Science of Strength & Conditioning | 3 credits | Stop outline |
| GEC | General Education Course | 3 credits | Stop outline |
| GEC | General Education Course | 3 credits | Stop outline |
| GEL | General Elective | 3 credits | Stop outline |

Fourth Year Spring Semester Total: 13 Credits |

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

\* Meets General Education Curriculum requirement

\*\* Course contains a 100 hour preceptorship component

\*\*\* See faculty advisor for AT & PT grad school preparations

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