Exercise 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

First Year 1	Fall Semester			First Year S	Spring Semester		
UNV 101	University Experience*	2 credits		EXS 101	Introduction to Exercise Science	3 credits	[
NG 101	College Composition I*	3 credits		EXS 225	Strength Training Techniques &	3 credits	
BIO 112	General Biology I*	4 credits			Conditioning		
MAT 101	Probability and Statistics*	3 credits		BIO 113***	General Biology II* (suggested	4 credits	
CHY 111	General Chemistry I*	4 credits			elective)		
				ENG 121	College Composition II*	3 credits	
	First Year Fall Sem	octor Total: 1	e Cradita	CHY 122	General Chemistry II First Year Spring Ser	4 credits	7 Crai
ocond Vo	ar Fall Semester	iester Total. It	Credits	Second Vo	ar Spring Semester	nester rotal. 1.	Cico
HE 265	Motor Learning	3 credits		BIO 262	Human Anatomy & Physiology II &	4 credits	
XS 340	Prevention & Emergent Care in	3 credits		PSY 311	Lab* Research Methods I	3 credits	
3IO 261	Sport Human Anatomy & Physiology I &	4 credits		EXS 246	Introduction to Assessment	3 credits	
010 201	Lab*	4 credits		EXS 274	Structural Kinesiology	3 credits	
SY 100	Introduction to Psychology*	3 credits		GEC	General Education Course	3 credits	
	General Education Course (SWK 202					0 0.00.00	
SEC	strongly recommended – 4c/5d)						
SEC	strongly recommended – 4c/5d) Second Year Fall Sem	nester Total: 10	6 Credits		Second Year Spring Ser	nester Total: 1	5 Cred
		nester Total: 10	6 Credits		Second Year Spring Ser	nester Total: 10	5 Cre
GEC Gecond Yea	Second Year Fall Sem	nester Total: 10	6 Credits		Second Year Spring Ser	nester Total: 10	5 Cred
econd Ye	Second Year Fall Sem ar Summer Semester	3 credits			Second Year Spring Ser	nester Total: 10	6 Cred
econd Yea	Second Year Fall Sem ar Summer Semester Practicum in Exercise Science	3 credits		Third Year	Second Year Spring Ser	nester Total: 10	5 Cre
econd Yea XS 388** Third Year	Second Year Fall Sem ar Summer Semester Practicum in Exercise Science Second Year Summer Sei	3 credits		Third Year PHY 154***	, -	nester Total: 10	5 Cre
econd Year XS 388** Third Year XS 342	Second Year Fall Seman Summer Semester Practicum in Exercise Science Second Year Summer Ser Fall Semester	3 credits mester Total: 3	3 Credits		Spring Semester		6 Cre
econd Yeax XS 388** hird Year XS 342 XS 381	Second Year Fall Semant Summer Semester Practicum in Exercise Science Second Year Summer Selector Second Year Summer Selector Advanced Assessment	3 credits mester Total: 3 3 credits	3 Credits	PHY 154***	Spring Semester Physics ** (suggested elective)	4 credits	6 Cre
econd Year EXS 388** Third Year EXS 342 EXS 381 PHY 153***	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Semester Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course (BUS/COM 210 strongly	3 credits mester Total: 3 3 credits 3 credits	3 Credits	PHY 154*** EXS 343	Spring Semester Physics ** (suggested elective) Corrective Exercise	4 credits 3 credits	5 Cre
econd Year EXS 388** Third Year EXS 342 EXS 381 PHY 153***	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Ser Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course	3 credits 3 credits 3 credits 4 credits 3 credits	3 Credits	PHY 154*** EXS 343 EXS 382	Spring Semester Physics ** (suggested elective) Corrective Exercise Physiology of Exercise General Education Course	4 credits 3 credits 3 credits 3 credits	
econd Year EXS 388** Third Year EXS 342 EXS 381 PHY 153*** GEC	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Semester Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course (BUS/COM 210 strongly recommended) Third Year Fall Semester	3 credits 3 credits 3 credits 4 credits 3 credits	3 Credits	PHY 154*** EXS 343 EXS 382	Spring Semester Physics ** (suggested elective) Corrective Exercise Physiology of Exercise	4 credits 3 credits 3 credits 3 credits	
EXS 388** Third Year EXS 342 EXS 381 PHY 153*** GEC	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Ser Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course (BUS/COM 210 strongly recommended)	3 credits 3 credits 3 credits 4 credits 3 credits	3 Credits	PHY 154*** EXS 343 EXS 382	Spring Semester Physics ** (suggested elective) Corrective Exercise Physiology of Exercise General Education Course	4 credits 3 credits 3 credits 3 credits	
cond Year XS 388** Third Year XS 342 XS 381 HY 153*** GEC Third Year XS 496**	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Semester Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course (BUS/COM 210 strongly recommended) Third Year Fall Semester	3 credits 3 credits 3 credits 4 credits 3 credits	3 Credits	PHY 154*** EXS 343 EXS 382 GEC	Spring Semester Physics ** (suggested elective) Corrective Exercise Physiology of Exercise General Education Course	4 credits 3 credits 3 credits 3 credits	
cond Year XS 388** Third Year XS 342 XS 381 HY 153*** GEC Third Year XS 496** ourth Year	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Ser Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course (BUS/COM 210 strongly recommended) Third Year Fall Semester Summer Session Field Work in Exercise Science	3 credits 3 credits 3 credits 4 credits 3 credits	3 Credits	PHY 154*** EXS 343 EXS 382 GEC	Spring Semester Physics ** (suggested elective) Corrective Exercise Physiology of Exercise General Education Course Third Year Spring Ser	4 credits 3 credits 3 credits 3 credits	
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econd Year XS 388** Third Year XS 342 XS 381 PHY 153*** GEC Third Year	Second Year Fall Sementar Summer Semester Practicum in Exercise Science Second Year Summer Semester Fall Semester Advanced Assessment Biomechanics Physics I (suggested elective) General Education Course (BUS/COM 210 strongly recommended) Third Year Fall Semester Summer Session Field Work in Exercise Science Tall Semester Pathophysiology Practicum in Exercise Science	3 credits 3 credits 3 credits 4 credits 3 credits 3 credits 3 credits 3 credits	3 Credits 3 Credits	PHY 154*** EXS 343 EXS 382 GEC Fourth Yea EXS 405 EXS 425	Spring Semester Physics ** (suggested elective) Corrective Exercise Physiology of Exercise General Education Course Third Year Spring Serence Exercise Science Capstone Science of Strength & Conditioning	4 credits 3 credits 3 credits 3 credits mester Total: 1: 1 credit 3 credits	

* Meets General Education Curriculum requirement ** Course contains a 100 hour preceptorship component

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