



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"/>
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"/>

First Year Fall 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"/>
CHY 122	General Chemistry II	4 credits	<input type="checkbox"/>

First Year Spring Semester Total: 17 Credits

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 (SWK 202 strongly recommended – 4c/5d)	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"/>
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	3 credits	<input type="checkbox"/>

Second Year Spring Semester Total: 16 Credits

Second Year Summer Semester

EXS 388**	Practicum in Exercise Science	3 credits	<input type="checkbox"/>
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Second Year Summer Semester Total: 3 Credits

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 (suggested elective)	4 credits	<input type="checkbox"/>
GEC	General Education Course (BUS/COM 210 strongly recommended)	3 credits	<input type="checkbox"/>

Third Year Fall Semester Total: 13 Credits

Third Year Spring Semester

PHY 154***	Physics ** (suggested elective)	4 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"/>

Third Year Spring Semester Total: 13 Credits

Third Year Summer Session

EXS 496**	Field Work in Exercise Science	3 credits	<input type="checkbox"/>
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Fourth Year Fall Semester

BIO 402	Pathophysiology	3 credits	<input type="checkbox"/>
EXS 388**	Practicum in Exercise Science	3 credits	<input type="checkbox"/>
GEC	General Education Course (SWK 305 strongly recommended – 5a)	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

Fourth Year Fall Semester Total: 12 Credits

Fourth Year Spring Semester

EXS 405	Exercise Science Capstone	1 credit	<input type="checkbox"/>
EXS 425	Science of Strength & Conditioning	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>
GEL	General Elective	3 credits	<input type="checkbox"/>

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