

# Physical Education, B.S. Fitness & Wellness Concentration

FOR CATALOG YEAR 2017-2018



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/physical-education](http://www.umpi.edu/academics/physical-education)

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## FIRST YEAR FALL SEMESTER

FYS 100	First Year Seminar*	1 credit	<input type="checkbox"/>
ENG 101	College Composition I*	3 credits	<input type="checkbox"/>
PSY 100	Introduction to Psychology*	3 credits	<input type="checkbox"/>
HPR 101	Lifelong Wellness*	3 credits	<input type="checkbox"/>
MAT 101	Basic Statistics*	3 credits	<input type="checkbox"/>
GEC	General Education Course		
	Science: choose from 3d CHY, ENV, GEY, PHY	3-4 credits	<input type="checkbox"/>

SEMESTER TOTAL 16-17 CREDITS

## FIRST YEAR SPRING SEMESTER

ATH/PHE 101	Introduction to Athletic Training and Fitness Professionals	3 credits	<input type="checkbox"/>
ATH 225	Strength Training and Program Design	3 credits	<input type="checkbox"/>
BIO 112	General Biology*	4 credits	<input type="checkbox"/>
ENG 121	College Composition II*	3 credits	<input type="checkbox"/>
GEC	General Education Course		
	(COM 210 strongly recommended: 1c)	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

2

## SECOND YEAR FALL SEMESTER

PHE 265	Motor Learning	3 credits	<input type="checkbox"/>
ATH 244	Techniques of Athletic Training	2 credits	<input type="checkbox"/>
ATH/PHE 340	Acute Care of Athletic Injuries	3 credits	<input type="checkbox"/>
BIO 261	Human Anatomy and Physiology I	4 credits	<input type="checkbox"/>
GEC	General Education Course		
	(SWK 202 strongly recommended: 4c/5d)	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

## SECOND YEAR SPRING SEMESTER

BIO 262	Human Anatomy and Physiology II and Lab*	4 credits	<input type="checkbox"/>
PHE 102	Developmental and Gymnastics Activities	2 credits	<input type="checkbox"/>
ATH/PHE 246	Assessment of Lower Extremities and Lab	4 credits	<input type="checkbox"/>
PHE 274	Structural Kinesiology	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 16 CREDITS

3

## THIRD YEAR FALL SEMESTER

ATH/PHE 342	Assessment of Upper Extremities and Lab	4 credits	<input type="checkbox"/>
PHE 381	Biomechanics	3 credits	<input type="checkbox"/>
PHE 166	Aquatic Activities -OR-		
PHE 174	Water Safety Instructor	2 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

ATH 343	Therapeutic Interventions II	4 credits	<input type="checkbox"/>
PHE 382	Physiology of Exercise	3 credits	<input type="checkbox"/>
BIO 300	Human Nutrition	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 13 CREDITS

4

## FOURTH YEAR FALL SEMESTER

PHE 375	Physiological Assessment	3 credits	<input type="checkbox"/>
PHE 388	Practicum in Physical Education	3 credits	<input type="checkbox"/>
ATH/PHE 487	Organization & Administration of Athletic Training	3 credits	<input type="checkbox"/>
GEC	General Education Course		
	(SWK 305 strongly recommended, GLO 5a)	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

## FOURTH YEAR SPRING SEMESTER

PHE 496	Field Work Experience	9 credits	<input type="checkbox"/>
GEL	General Electives	4-5 credits	<input type="checkbox"/>

SEMESTER TOTAL 13-14 CREDITS

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

\*Meets General Education Curriculum requirement

UPDATED 08/23/17