



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/exercise-science](http://www.umpi.edu/academics/exercise-science)

1

## FIRST YEAR FALL SEMESTER

UNV 101	University Experience*	2 credits	<input type="checkbox"/>
ENG 101	College Composition I*	3 credits	<input type="checkbox"/>
PSY 100	Intro to Psychology*	3 credits	<input type="checkbox"/>
MAT 101	Probability and Statistics*	3 credits	<input type="checkbox"/>
GEC	Science: choose course from 3d/3e (CHY, ENV, GEY, PHY)*	3-4 credits	<input type="checkbox"/>

SEMESTER TOTAL 14-15 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 112	General Biology I*	4 credits	<input type="checkbox"/>
ENG 121	College Composition II*	3 credits	<input type="checkbox"/>
GEC	General Education Course (BUS/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"/>
EXS 340	Prevention & Emergent Care in Sport	3 credits	<input type="checkbox"/>
BIO 261	Human Anatomy & Physiology I & Lab*	4 credits	<input type="checkbox"/>
HEA 102	Medical Terminology (elective option)	1 credit	<input type="checkbox"/>
GEC	General Education Course (SWK 202 strongly recommended - 4c/5d)	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 14 CREDITS

## SECOND YEAR SPRING SEMESTER

BIO 262	Human Anatomy & Physiology II & Lab*	4 credits	<input type="checkbox"/>
PHE 102	Developmental & Gymnastics Activities	2 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"/>

SEMESTER TOTAL 15 CREDITS

3

## THIRD YEAR FALL SEMESTER

EXS 210	Group Exercise Instruction	3 credits	<input type="checkbox"/>
EXS 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 14 CREDITS

## THIRD YEAR SPRING SEMESTER

EXS 343	Corrective Exercise	3 credits	<input type="checkbox"/>
EXS 382	Physiology of Exercise	3 credits	<input type="checkbox"/>
BIO 300	Human Nutrition	3 credits	<input type="checkbox"/>
EXS 425	Science of Strength & Conditioning	3 credits	<input type="checkbox"/>
PSY 310	Sports & Exercise Psychology	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

4

## FOURTH YEAR FALL SEMESTER

EXS 375	Physiological Assessment & Exercise Prescription	3 credits	<input type="checkbox"/>
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 (SWK 305 strongly recommended - 5a)	3 credits	<input type="checkbox"/>
GEC	General Education Course	3 credits	<input type="checkbox"/>

SEMESTER TOTAL 15 CREDITS

## FOURTH YEAR SPRING SEMESTER

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

SEMESTER TOTAL 13 CREDITS

Barbara Blackstone

152 Wieden Hall, 181 Main St., Presque Isle, ME 04769  
Phone: (207) 768-9415 • [barbara.blackstone@maine.edu](mailto:barbara.blackstone@maine.edu)

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

\*Meets General Education Curriculum requirement