

APPENDIX B

**Course Requirements for UNE, B.S. in Applied Exercise Science
Central Maine Community College Curriculum, A.A. Liberal Studies Degree,
or A.S. Life Sciences Degree with additional coursework**

First Year Semester I (Fall)	Credits
ART, MUS OR THE	3
BIO 104 Health and Wellness	3
BIO 131 Biology I (Lecture)	3
BIO 132 Biology I (Lab)	1
ENG 101 College Writing or	3-4
ENG 105 College Writing Workshop	
MAT 135 Statistics	3
Total Credits:	16-17

First Year Semester II (Spring)	Credits
BIO 121 Nutrition	3
History elective	3
MAT 122 College Algebra	3
PHF 120 Foundations of Exercise Science	3
PSY 101 Intro to Psychology (preferred)	3
Total Credits:	15

Second Year Semester III (Fall)	Credits
BIO 115 Anatomy & Physiology I (Lecture)	3
BIO 116 Anatomy & Physiology (Lab)	1
CHY 121 General Chemistry I (Lecture)	3
CHY 122 General Chemistry I (Lab)	1
COM 100 Public Speaking	3
Ethics/Philosophy	3
PSY 111 Developmental Psychology	3
Total Credits:	17

Second Year Semester IV (Spring)	Credits
BIO 117 Anatomy & Physiology II (Lecture)	3
BIO 118 Anatomy & Physiology II (Lab)	1
CHY 123 General Chemistry II (Lecture)	3
CHY 124 General Chemistry II (Lab)	1
Humanities	3
SOC 101 Intro to Sociology (preferred)	3
Total Credits:	14

Total Degree Credits:	62-63
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APPENDIX C

Remaining Courses for the University Degree of B.S. in Applied Exercise Science

Fall 3		
Course	Title	Credits
EXS 180	Motor Learning & Performance	3
EXS 310	Kinesiology & Biomechanics	3
IHS 120	Health care issues	1
PHY 110	General Physics I	4
EXS 320	Exercise Physiology with Lab	3
EXS 380	12 Lead ECG Interpretation	3
Total Credits Fall 3		17

Spring 3		
Course	Title	Credits
BIO 309	Pathophysiology	3
EXS 330	Fitness Evaluation & Prescription	3
EXS 392	Clinical Diagnostic GXT	3
EXS 495	AES seminar	1
ATC 333	Gross Anatomy	3
ELE	AES elective #1	3-4
Total Credits Spring 3		16-17

Fall 4		
Course	Title	Credits
ATC 101	Prevention & Care of the Athletic Injury	3
EXS 322	Metabolism & Bioenergetics of Sport Nutrition	3
EXS 432	Exercise Management for Chronic Disease & Disability	3
EXS 340	Concepts of Strength & Cond.	3
ELE	AES elective #2	3-4
Total Credits Fall 4		15-16

Spring 4		
Course	Title	Credits
EXS 499	Internship (OR 3-cr Internship w/ 3-cr Research Practicum)	6
ATC 420	Research Methods	3
	Core Requirement: Advanced Studies course	3
Total Credits Spring 4		12

Total credits earned at the University = 60-62

Total Credits for University's Degree in Applied Exercise Science with College's course work from Appendix B = 122-123