<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Spring Semester</th>
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<tbody>
<tr>
<td><strong>First Year</strong></td>
<td><strong>First Year</strong></td>
</tr>
<tr>
<td>College Writing</td>
<td>Creative Expression</td>
</tr>
<tr>
<td>*Entry Year Experience</td>
<td>Cultural Interpretation</td>
</tr>
<tr>
<td>MAT 108</td>
<td>CON 216</td>
</tr>
<tr>
<td>College Algebra</td>
<td>Emergency Response</td>
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<tr>
<td>Socio-cultural Analysis</td>
<td>PHY 101/102 or 111/114</td>
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<tr>
<td>SPM 100</td>
<td>SPM 235</td>
</tr>
<tr>
<td>Intro to Exercise, Health and Sport Sciences</td>
<td>Lab Techniques in Nutrition and Exercise</td>
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<tr>
<td><strong>Second Year</strong></td>
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<tr>
<td>BIO 111/112</td>
<td>Human Anat &amp; Phys I</td>
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<tr>
<td>CHY 113/114</td>
<td>MAT 120 or PSY 105</td>
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<tr>
<td>Principles of Chemistry I / Laboratory Techniques I</td>
<td>Quantitative Reasoning</td>
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<tr>
<td>SPM 230</td>
<td>International</td>
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<tr>
<td>Psychology of Physical Activity and Sport</td>
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<tr>
<td>SPM 260 or EI</td>
<td>SPM 260 or EI</td>
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<tr>
<td>Introduction to Personal Training or Ethical Inquiry, Social Responsibility &amp; Citizenship</td>
<td>Introduction to Personal Training or Ethical Inquiry, Social Responsibility &amp; Citizenship</td>
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<tr>
<td>SPM 350</td>
<td>Health Promotion Programs</td>
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<tr>
<td><strong>Third Year</strong></td>
<td><strong>Third Year</strong></td>
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<tr>
<td>CON 252</td>
<td>Human Nutrition (also counts as Thematic Cluster)</td>
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<tr>
<td>SPM 325</td>
<td>Methods Resistance Training and Conditioning</td>
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<td>3</td>
<td>SPM 395</td>
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<tr>
<td>CON 352</td>
<td>Practicum II</td>
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<tr>
<td>SPM 330</td>
<td>SPM 430</td>
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<tr>
<td>Physiology of Exercise</td>
<td>Exercise Testing, Assessment, and Prescription</td>
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<td>SPM 381</td>
<td>Advanced Exercise Physiology</td>
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<tr>
<td>Kinesiology</td>
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<td>SPM 385</td>
<td>Practicum I</td>
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<td>Elective if needed</td>
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<td><strong>Fourth Year</strong></td>
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<tr>
<td>Diversity</td>
<td>SPM 486</td>
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<td>Senior Thesis II</td>
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<td>SPM 450</td>
<td>SPM 495</td>
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<td>Exercise for Special Populations</td>
<td>Clinical Internship/Co-op</td>
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<td>SPM 485</td>
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Updated 04/15
*Students with <24 transfer credits must complete USM's Entry Year Experience (EYE) requirement. Transfer students with 24+ credits may substitute EYE with an approved elective.

**Students should consult with their advisor to determine if electives are needed to complete the 120-credit minimum graduation requirement.