Early College
Health and Wellness
Online Pathway

College of Education and Human Development Program Requirements (15 credit hours)

Core course requirements
- FSN 101: Intro to Food and Nutrition
- KPE 253: Lifetime Fitness for Health

General education requirements
- LDR 100: Foundations of Leadership
- PSY 100: General Psychology
- STS 232: Principles of Statistical Inference

The Early College Health and Wellness Pathway may lead to programs in a variety of majors including the following:
- Exercise Science
- Kinesiology and Physical Education
- Outdoor Leadership
- Physical Education/Teaching

Completion of these majors may allow students to pursue graduate studies or careers in the following fields:
- Activity and Recreation Director
- Athletic Trainer
- Community Health Professional
- Fitness Professional
- Medical Professional
- Occupational Therapist
- Personal Trainer
- Physical Education Teacher
- Physical Therapist
- Sports Administrator

Get a head start on your UMaine degree!

For more information contact
207.581.8004 or um.earlycollege@maine.edu
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