

2014-2015 Kinesiology BS Degree Plan



UNIVERSITY of
MONTEVALLO

Student name: _____ UMID: _____ Date: _____

Advisor name: _____ Concentration: Nutrition and Wellness

The Purpose of General Education is to Gain:

- Knowledge of Human Cultures and the Physical and Natural World
- Intellectual and Practical Skills
- Personal and Social Responsibility
- Integrative and Applied Learning

Key Courses For General Education (50 hours)

1. **Written Composition (6)**
Choose ENG 101 or 103 3 _____
Choose ENG 102 or 104 3 _____
2. **Humanities & Fine Arts (18)**
Choose one: ENG 231/233 or 232/234* 3 _____
*Students must take at least one six hour sequence in Literature or History. Students are free to take both sequences.
Choose COMS 101 or 102 3 _____
Choose one Fine Arts: ART 100, 218, 219; 3 _____
 MC 325; MUS 121/122, 125, 211, 255, 342; 3 _____
 THEA 120/122. 3 _____
Choose PHIL 220/221 3 _____
Choose two of the following (not used above):
 ART 100, 218, 219; ENG 231/233, 232/234; 3 _____
 FRN/SPN 101, 102, 150, 201, 202, 250; 3 _____
 GER 101, 102, 201, 202; HNRS 309; MC 325; 3 _____
 MUS 121/122, 125, 211, 255, 342; PHIL 110/111, 3 _____
 180, 220/221, 230, 280, 290; THEA 120/122. 3 _____
3. **Natural Sciences & Mathematics (11)**
Choose BIO 105 4 _____
Choose CHEM 101 or 121 4 _____
Choose MATH 147 or 154 (or MATH 144 or higher) 3 _____
4. **History, Social & Behavioral Sciences (12)**
Choose one: HIST 101/103 or 102/104* 3 _____
*Students must take at least one six hour sequence in Literature or History. Students are free to take both sequences.
Choose EC 231 or 232 3 _____
Choose PSYC 201 3 _____
Choose one of the following not used above:
 FCS 291, 402; GEOG 231; 3 _____
 HIST 101/103, 102/104; POS 200, 250; 3 _____
 PSYC/SWK 203, 322; SOC 101; SWK 260 3 _____
5. **Personal Development (3)**
Choose MIS 161 3 _____

MAJOR COURSE REQUIREMENTS (56-63)

- KNES 170 (Introduction to Food Science & Prep) 3 _____
- KNES 190 (Introduction to Kinesiology) 2 _____
- KNES 210 (Personal Health) 3 _____
- KNES 281 (Introduction to Nutrition) 3 _____
- KNES 310 (Sports Nutrition) 3 _____
- KNES 380 (Physiology of Exercise) 4 _____
- KNES 382 (Foodservice Systems Management) 3 _____
- KNES 463 (Nutrition Care Process I) 3 _____
- KNES 471 (Applied Research In Food Science) 3 _____
- KNES 473 (Human Nutrition & Metabolism I) 3 _____
- KNES 474 (Human Nutrition & Metabolism II) 3 _____
- KNES 477 (Quantity Foods) 3 _____
- KNES 484 (Nutrition Care Process II) 3 _____
- KNES 485 (Life Cycle & Comm. Nutrition) 3 _____
- KNES 497 (Pharmacology) 3 _____

Complete one of the following tracks:

COORDINATED PROGRAM IN DIETETICS (18)

These courses are open only to the students who have been formally admitted to the Coordinated Program in Dietetics.

- KNES 465 (Superv. Practice in Comm. Nutr. I) 3 _____
- KNES 466 (Superv. Practice in Comm. Nutr. II) 3 _____
- KNES 467 (Superv. Practice in FoodSrv Mgmt I) 3 _____
- KNES 468 (Superv. Practice in FoodSrv Mgmt II) 3 _____
- KNES 469 (Superv. Practice in Clinical Nutr. I) 3 _____
- KNES 470 (Superv. Practice in Clinical Nutr. II) 3 _____

NUTRITION & WELLNESS (NON-DIETETICS) (11)

Students who have not been admitted to the Coordinated Program in Dietetics must take the following courses plus 4 hours electives.

- KNES 398 (Exercise Testing and Evaluation) 4 _____
- KNES 499 (Health-Fitness Program Design) 3 _____
- KNES elective 4 _____

REQUIRED SUPPORT COURSES (12)

- BIO 300 (Microbiology) 4 _____
- CHEM 102 (Basic Chemistry II) 4 _____
- FCS/KNES 373 (Seminar in Dietetics) 1 _____
- PSYC 300 (Descriptive Statistics) 3 _____

ADDITIONAL REQUIREMENTS FOR DEGREE

Bachelor of Science (BS) Requirements (8)

- Choose BIO 341 Anatomy 4 _____
- Choose BIO 342 Physiology 4 _____

GENERAL ELECTIVES

Students not admitted to the Coordinated Program in Dietetics must take 4 hours of electives to complete the Nutrition and Wellness Concentration.

GENERAL GRADUATION REQUIREMENTS

1. 50% of hrs in major area at UM
2. 30 hrs 300/400 at UM
3. 30 of last 40 hours at UM
4. 64 hr limit from 2-year school
5. 45 hr limit of non-traditional credit
6. 6-hr sequence in history or literature
7. Capstone experience within major
8. 2.0 or higher UM GPA and in all major and minor areas

Total Hours Required: 130-133

Total Hours Completed to Date: _____

Hours Remaining for Completion: _____

Hours Currently Registered: _____

Hours Remaining: _____