

2015-2016 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; MC 325; MUS 121/122, 125, 211, 255, 342; 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; MC 325;
 MUS 121/122, 125, 211, 255, 342; PHIL 110/111, 180, 220/221, 230, 280, 290; THEA 120/122.
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;
 PSYC/SWK 203, 322; SOC 101; SWK 260
5. **Personal Development (3)**
 Choose MIS 161 3 _____

Major Core Requirements (45 hours)

- 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 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 483 (Nutrition Care Process I) 3 _____
- KNES 484 (Nutrition Care Process II) 3 _____
- KNES 485 (Life Cycle & Comm. Nutrition) 3 _____
- KNES 497 (Pharmacology) 3 _____

Required Support Courses (9 hours)

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

Complete one of the following tracks (8-21 hours)

- COORDINATED PROGRAM IN DIETETICS (21)**
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 _____
 - PSYC 300 (Descriptive Statistics) 3 _____

NUTRITION & WELLNESS (NON-DIETETICS) (8)

- 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 1 _____

Additional Requirements for Degree (8 hours)

- Bachelor of Science (BS) Requirements**
 Complete one Anatomy and Physiology sequence:
 BIO 201 and 202 (or Bio 341 and 342) 4 _____
4 _____
 (BIO 342 requires either CHEM 102 or 122 as a prereq.)

General Electives (none required)

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: 120-133
 Total Hours Completed to Date: _____
 Hours Remaining for Completion: _____
 Hours Currently Registered: _____
 Hours Remaining: _____