

# 2016-2017 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, 232 or 234. 3 \_\_\_\_\_  
 Students must complete a six-hour sequence in either History or Literature. Students may complete both sequences.  
Choose COMS 101 or 102. 3 \_\_\_\_\_  
Choose one Fine Arts: ART 100, 218, 219; 3 \_\_\_\_\_  
 MC 325; MUS 121 or 122, 125, 211, 255, 342;  
 THEA 120 or 122.  
Choose PHIL 220/221. 3 \_\_\_\_\_  
Choose two of the following (not used above):  
 ART 100, 218, 219; ENG 231 or 233, 232 or 234; 3 \_\_\_\_\_  
 FRN 101, 102, 150, 201, 202, 250; SPN 101 or 103, 3 \_\_\_\_\_  
 102 or 104, 150, 201, 202, 250; GER 101, 102, 201,  
 202; MC 325; MUS 121 or 122, 125, 211, 255, 342;  
 PHIL 110 or 111, 180, 220 or 221, 230, 280, 290;  
 THEA 120 or 122.
3. **Natural Sciences & Mathematics (11)**  
Choose BIO 105 or 107. 4 \_\_\_\_\_  
Choose CHEM 101. 4 \_\_\_\_\_  
Choose MATH 147 or 154 (or MATH 144 or higher). 3 \_\_\_\_\_
4. **History, Social & Behavioral Sciences (12)**  
Choose one history: HIST 101, 103, 102, 104. 3 \_\_\_\_\_  
 Students must complete a six-hour sequence in either History or Literature. Students may complete both sequences.  
Choose EC 231 or 232. 3 \_\_\_\_\_  
Choose PSYC 201. 3 \_\_\_\_\_  
Choose one of the following not used above:  
 EC 231 or 232; FCS 291, 402; GEOG 231; 3 \_\_\_\_\_  
 HIST 101 or 103, 102 or 104; POS 200, 250;  
 SOC 101; SWK 203, 260, 322.
5. **Personal Development (3)**  
Choose MIS 161. 3 \_\_\_\_\_

**Major Core Requirements (45 hours)**

- |   |         |
|---|---------|
| FCS 170 (Introduction to Food Science & Prep) | 3 _____ |
| FCS 281 (Introduction to Nutrition)           | 3 _____ |
| FCS 477 (Quantity Foods)                      | 3 _____ |
| KNES 190 (Introduction to Kinesiology)        | 2 _____ |
| KNES 210 (Personal Health)                    | 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 483 (Nutrition Care Process I)           | 3 _____ |
| KNES 484 (Nutrition Care Process II)          | 3 _____ |
| KNES 485 (Life Cycle & Community Nutrition)   | 3 _____ |
| KNES 497 (Pharmacology)                       | 3 _____ |

**Required Support Courses (9 hours)**

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

**Complete one of the following tracks (8 or 21 hours)**

- COORDINATED PROGRAM IN DIETETICS (21)**  
*Student admitted to the Coordinated Program in Dietetics must take the following:*
- |  |         |
|--|---------|
| 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 not admitted to the Coordinated Program in Dietetics must take the following:*
- |  |         |
|--|---------|
| 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)**

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**GENERAL GRADUATION REQUIREMENTS**

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

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