

# University of Montevallo

## Finish in 4 Plan



Name:  
 Major: Exercise Science: Allied Health Concentration  
 Degree: BS  
 Graduation: 2021

	Freshman			Sophomore			Junior			Senior		
	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred
Fall Semester	ENG 101	Composition I (Gen Ed)	3	ENG 231/232	Global Literature* (Gen Ed)	3	EXNS 300	First Aid/Prevention	2	EXNS 381	Principles of Biomechanics	3
	Gen Ed	Fine Arts	3	CHEM 101	Basic Chemistry I (Gen Ed Science 2)	4	EXNS 310	Sports Nutrition	3	EXNS 398	Exercise Testing & Evaluation	4
	Gen Ed	Humanities/Fine Arts	3	EC 231/232	Economics (Gen Ed SBS)	3	EXNS 380	Physiology of Exercise	4	EXNS 481	Exercise & Disease	3
	BIO 105	Introductory Biology I (Gen Ed Science 1)	4	BIO 201	Anatomy & Physiology I (BS Requirement)	4	BIO 106	Introductory Biology II (major requirement)	4	EXNS 487	Counseling & Wellness	3
	EXNS 190	Survey of Exercise & Nutrition Science	2	EXNS 200	Care & Prevention of Athletic Injuries	3	EXNS 250	Medical Terminology (Recommended for PT)	3	EXNS 497	Pharmacology	3
			0			0			0			0
		*Must have either a world civilizations or a global literature sequence	0		*Must have either a world civilizations or a global literature sequence	0			0			0
			0			0			0			0
	<b>Fall Total</b>		<b>15</b>	<b>Fall Total</b>		<b>17</b>	<b>Fall Total</b>		<b>16</b>	<b>Fall Total</b>		<b>16</b>
Spring Semester	ENG 102	Composition II (Gen Ed)	3	Gen Ed	2nd Global Literature* or Gen Ed Humanities	3	Gen Ed	Humanities/Fine Arts	3	EXNS 490	Health Promotion Internship	3
	COMS 101	Foundations of Oral Communication (Gen Ed)	3	FCS 281	Introduction to Nutrition (Gen Ed Pers. Dev.)	3	Gen Ed	2nd World Civilizations* or Gen Ed SBS	3	EXNS 492	Clinical Testing and Interpretation	4
	Gen Ed	Math	3	BIO 202	Anatomy & Physiology II (BS Requirement)	4	EXNS 486	Seminar in Exercise & Nutrition Science	1	EXNS 494	Exercise & Wellness for Senior Adults	3
	HIST 101/102	World Civilizations I or II* (Gen Ed History)	3	EXNS 210	Foundations of Exercise Science	3	EXNS 496	Strength & Conditioning	3	EXNS 499	Health-Fitness Program Design	3
	PSYC 201	General Psychology (Gen Ed SBS)	3	EXNS 211	Motor Development	3	CHEM 102	Basic Chemistry II (major requirement)	4		General Elective (EXNS 491)	1
			0			0	PSYC 300	Descriptive Statistics (Recommended for PT)	3			0
		*Must have either a world civilizations or a global literature sequence	0		*Must have either a world civilizations or a global literature sequence	0			0			0
			0			0			0			0
	<b>Spring Total</b>		<b>15</b>	<b>Spring Total</b>		<b>16</b>	<b>Spring Total</b>		<b>17</b>	<b>Spring Total</b>		<b>14</b>
May			0			0			0			0
			0			0			0			0
		<b>May Total</b>		<b>0</b>	<b>May Total</b>		<b>0</b>	<b>May Total</b>		<b>0</b>	<b>May Total</b>	
SS 1	PHYS 101	College Physics I (Recommended for PT)	4	PHYS 102	College Physics II (Recommended for PT)	4	PSYC	306, 310, or 340 (Recommended for PT)	3			0
			0			0			0			0
			0			0			0			0
		<b>SS 1 Total</b>		<b>4</b>	<b>SS 1 Total</b>		<b>4</b>	<b>SS 1 Total</b>		<b>3</b>	<b>SS 1 Total</b>	
SS 2			0			0			0			0
			0			0			0			0
			0			0			0			0
		<b>SS 2 Total</b>		<b>0</b>	<b>SS 2 Total</b>		<b>0</b>	<b>SS 2 Total</b>		<b>0</b>	<b>SS 2 Total</b>	
	<b>Freshman Total</b>		<b>34</b>	<b>Sophomore Total</b>		<b>37</b>	<b>Junior Total</b>		<b>36</b>	<b>Senior Total</b>		<b>30</b>