

University of Montevallo

Finish in 4 Plan



Name:
Major: Exercise Science: Strength & Conditioning 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	CHEM 101	Basic Chemistry I (Gen Ed Science)	4	Gen Ed	Fine Arts	3	EXNS 398	Exercise Testing & Evaluation	4			
	Gen Ed	Humanities	3	ENG 231/232	Global Literature* (Gen Ed)	3	EXNS 300	First Aid/Prevention	2	EXNS 486	Seminar in Exercise & Nutrition Science	1			
	BIO 105	Introductory Biology I (Gen Ed)	4	EC 231/232	Economics (Gen Ed SBS)	3	EXNS 310	Sports Nutrition	3	EXNS 487	Counseling & Wellness	3			
	HIST 101/102	World Civilizations I or II* (Gen Ed History)	3	BIO 201	Anatomy & Physiology I (BS Requirement)	4		General Elective (EXNS 250)	3	EXNS 497	Pharmacology	3			
	EXNS 190	Survey of Exercise & Nutrition Science	2	EXNS 200	Care & Prevention of Athletic Injuries	3		General Elective (EXNS 491)	1	EXNS 498	Sport/Fitness Management	3			
			0			0			0			0			
		*Must have either a world civilizations	0		*Must have either a world civilizations	0			0			0			
		or a global literature sequence	0		or a global literature sequence	0			0			0			
			0			0			0			0			
		Fall Total		15	Fall Total		17	Fall Total		12	Fall Total		14		
Spring Semester	ENG 102	Composition II (Gen Ed)	3	Gen Ed	Humanities/Fine Arts	3	Gen Ed	Humanities/Fine Arts	3	EXNS 488	Advanced Performance Testing & Evaluation	3			
	COMS 101	Foundations of Oral Communication (Gen Ed)	3	FCS 281	Introduction to Nutrition (Gen Ed Pers. Dev.)	3	EXNS 380	Physiology of Exercise	4	EXNS 490	Health Promotion Internship	3			
	Gen Ed	Math	3	BIO 202	Anatomy & Physiology II (BS Requirement)	4	EXNS 381	Principles of Biomechanics	3	EXNS 492	Clinical Testing and Interpretation	4			
	Gen Ed	2nd World Civilizations* or Gen Ed SBS	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		General Elective (MATH 157 or PSYC 300)	3			0			
			0			0			0			0			
		*Must have either a world civilizations	0			0			0			0			
		or a global literature sequence	0			0			0			0			
			0			0			0			0			
		Spring Total		15	Spring Total		16	Spring Total		16	Spring Total		13		
May	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred			
			0			0			0			0			
		May Total		0	May Total		0	May Total		0	May Total		0		
SS 1	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred			
			0			0			0			0			
			0			0			0			0			
		SS 1 Total		0	SS 1 Total		0	SS 1 Total		0	SS 1 Total		0		
SS 2	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred	Course	Course Title	Cred			
			0			0			0			0			
			0			0			0			0			
		SS 2 Total		0	SS 2 Total		0	SS 2 Total		0	SS 2 Total		0		
Freshman Total			30	Sophomore Total			33	Junior Total			28	Senior Total			27