

# 2017-2018 Exercise and Nutrition Science BS Degree Plan



UNIVERSITY of  
MONTEVALLO

Student name: \_\_\_\_\_ UMID: \_\_\_\_\_ Date: \_\_\_\_\_

Advisor name: \_\_\_\_\_ Concentration: Strength and Conditioning

## 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 (47 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 one Humanities:  
 ENG 231 or 233, 232 or 234; FRN 101, 102, 150, 3 \_\_\_\_\_  
 201, 202, 250; SPN 101 or 103, 102 or 104, 150,  
 201, 202, 250; GER 101, 102, 201, 202;  
 PHIL 110 or 111, 180, 220 or 221, 230, 280, 290.  
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 or 121. 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 or 102; SWK 203, 260, 322.
5. **Personal Development (3)**  
Choose: FCS 281\* 3 \* \_\_\_\_\_

### Major Course Requirements (56 hours)

- |  |         |
|--|---------|
| EXNS 190 (Survey of Exercise and Nutrition Science)  | 2 _____ |
| EXNS 210 (Foundations of Exercise Science)           | 3 _____ |
| EXNS 310 (Sports Nutrition)                          | 3 _____ |
| EXNS 380 (Physiology of Exercise)                    | 4 _____ |
| EXNS 497 (Pharmacology)                              | 3 _____ |
| EXNS 487 (Counseling and Wellness)                   | 3 _____ |
| FCS 281 (Introduction to Nutrition)                  | 3 _____ |
| EXNS 200 (Care and Prevention of Athletic Injuries)  | 3 _____ |
| EXNS 211 (Motor Development)                         | 3 _____ |
| EXNS 300 (First Aid and Prevention)                  | 2 _____ |
| EXNS 488 (Advanced Performance Test & Evaluation)    | 3 _____ |
| EXNS 492 (Clinical Testing and Interpretation)       | 4 _____ |
| EXNS 486 (Seminar in Exercise and Nutrition Science) | 1 _____ |
| EXNS 381 (Principles of Biomechanics)                | 3 _____ |
| EXNS 398 (Exercise Testing and Evaluation)           | 4 _____ |
| EXNS 498 (Sport/Fitness Management)                  | 3 _____ |
| EXNS 496 (Strength and Conditioning)                 | 3 _____ |
| EXNS 499 (Health-Fitness Program Design)             | 3 _____ |
| EXNS 490 (Health Promotion Internship)               | 3 _____ |

### General Electives (9 hours)

Note: Students must take enough elective hours to meet the required 120 hours.

#### Optional electives:

- |  |         |
|--|---------|
| PSYC 300 (Descriptive Statistics)              | 3 _____ |
| EXNS 250 (Medical Terminology)                 | 3 _____ |
| EXNS 491 (Seminar in Professional Development) | 1 _____ |

### Minor Course Requirements (Optional)

Title: \_\_\_\_\_ Hrs. Req. \_\_\_\_\_

### Additional Requirements for Degree (8 hours)

#### Bachelor of Science (BS) Requirements

- |   |         |
|---|---------|
| BIO 201 (Human Anatomy & Physiology I)  | 4 _____ |
| BIO 202 (Human Anatomy & Physiology II) | 4 _____ |

### 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
Total Hours Completed to Date:	_____
Hours Remaining for Completion:	_____
Hours Currently Registered:	_____
Hours Remaining:	_____