



Undergraduate Exercise & Nutrition Science (Allied Health)

■ About Our Program

Students that choose the allied health concentration must be students in good standing at the University of Montevallo who have a keen interest in a more applied and clinical approach to exercise science. Pursuing the allied health concentration allows for an in-depth study of the human physiological system's responses to acute exercise, as well as chronic adaptations from exercise training. Special emphasis will be placed on bioenergetics, as well as cardiovascular dynamics associated with exercise. Additionally, students will be taught administrative procedures for various aerobic and anaerobic fitness tests. This concentration is the most versatile of the choices.

■ Admission Requirements

Those admitted into the Allied Health Option must be students in good standing at the University of Montevallo who have a keen interest in applied exercise science as it relates to physical activity and health.

■ Completion Requirements

All candidates must complete a 90 hour internship in a corporate, hospital, community or otherwise approved professional setting.

Students interested in physical therapy (PT) and occupational therapy (OT) must judiciously select courses from those required in the general education curriculum to more favorably position themselves for admittance into PT and OT graduate programs. Please consult with your advisor.

■ Course Overview

General Education Requirements

Major Course Requirements:

- EXNS 190: Survey of Exercise and Nutrition Science (2)
- EXNS 200: Care & Prevention of Athletic Injuries (3)
- EXNS 210: Foundations of Exercise Science (3)
- EXNS 211: Motor Development (3)
- EXNS 300: First Aid and Prevention (2)
- EXNS 310: Sports Nutrition (3)
- EXNS 380: Physiology of Exercise (4)
- EXNS 381: Principles of Biomechanics (3)
- EXNS 398: Exercise Testing and Evaluation (4)
- EXNS 472: Adapted Physical Education (3)
- EXNS 481: Exercise and Disease (3)
- EXNS 486: Seminar in Exercise and Nutrition Science (1)
- EXNS 492: Clinical Exercise Testing and Evaluation (4)
- EXNS 494: Exercise & Wellness for Sr. Adults (3)
- EXNS 496: Strength and Conditioning (3)
- EXNS 497: Pharmacology (3)
- EXNS 498: Sport/Fitness Management (3)
- EXNS 499: Health-Fitness Program Design (3)

EXNS 490 (Internship) (3)

Required Courses:

- BIO 106: Introduction to Biology II (4)
- CHEM 102: Basic Chemistry II or CHEM 122: General Chemistry II (4)

General Electives:

- Must be approved by faculty advisor
- PHYS 201: College Physics I (4)
- PHYS 202: College Physics II (4)
- PSYC 300 (Descriptive Statistics) (3)
- Select one: PSYC 306, PSYC 310, or PSYC 340
- EXNS 491: Seminar in Professional Development (1)

■ For Additional Information

If you would like to learn more about earning a degree in this program, please contact us.

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University of Montevallo ▣ College of Education

This is not an official degree checklist – for general information purposes only.