



Undergraduate Exercise & Nutrition Science (Health Promotion)

■ About Our Program

The undergraduate health promotion program course work is designed to provide a well-rounded scholarly understanding of the body of knowledge that relates human movement to wellness. Health promotion is the process of enabling people to improve and increase control over their health. This concentration moves beyond a focus on individual behavior toward a wide range of social and environmental interventions that improve the health status of individuals, families, communities within the states and nation. Students will learn the science behind developing and evaluating programs designed to help individuals and communities adopt and maintain healthy lifestyles while being encouraged to develop creative solutions in the process enhancing the quality of life for all people

■ Admission Requirements

Those admitted into the Health Promotion Option must be students in good standing at the University of Montevallo who have a keen interest in the relationship between regular 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 246: Community and Public Health (3)
- FCS 281: Introduction to Nutrition (3)
- EXNS 300: First Aid and Prevention (2)
- EXNS 310: Sports Nutrition (3)
- EXNS 311: Principles of Health Promotion and Education
- 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 487: Counseling and Wellness (3)
- EXNS 494: Exercise & Wellness for Sr. Adults (3)
- EXNS 497: Pharmacology (3)
- EXNS 498: Sport/Fitness Management (3)
- EXNS 499: Health-Fitness Program Design (3)

EXNS 490 (Internship) (3)

Support Courses:

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

■ For Additional Information

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

Station 6590
Montevallo, Alabama 35115
(205) 665-6590

University of Montevallo ■ College of Education

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