



# Undergraduate EXNS: Nutrition and Wellness

## ■ About Our Program

The Undergraduate Nutrition and Wellness Concentration offers students the opportunity to pursue acceptance into the Coordinated Program in Dietetics (CP) with the ultimate goal of becoming a Registered Dietitian Nutritionist (RDN). Upon completion of the program, students may be eligible to sit for the Registered Examination for Dietitians through the Commission on Dietetic Registration (CDR) and enjoy a rewarding career in healthcare as the nutrition and food expert. As a professional, an RDN may pursue work in areas such as:

- Clinical Nutritionist in a hospital
- RDN for a healthcare clinic/doctor's office
- Corporate Wellness RDN for a large company
- Community Nutritionist at the health department or government agency
- RDN for a non-profit agency
- Food Service Management opportunities in the hospital, school, or industry

## ■ Admission Requirements (CP)

To be considered for the application to the Coordinated Program in Dietetics (CP), you must meet the following criteria:

- Obtain at least a 3.0 overall GPA
- Complete all prerequisite academic requirements
- A "B" or above in all pre-requisite classes

## ■ Completion Requirements

All CP students must complete 18 credit hours (1200 clock hours) of supervised practice classes. These classes will offer training and experience working with accomplished, qualified RDN's in various settings such as hospitals, clinics, schools, and public health agencies. Upon successful completion of all required academic and supervised practice classes, students will graduate with a BS in Exercise and Nutrition Science with a concentration in Nutrition and Wellness and receive a verification statement in order to be eligible to take the Registration Examination for Dietitians and become an RDN. Visit <https://www.montevallo.edu/academics/colleges/college-of-education/undergraduate/exercise-and-nutrition-science-exns/> for a detailed checklist of courses required to graduate.

## ■ Nutrition and Wellness (Non Dietetics Option)

Students who are not pursuing the RDN path may elect to obtain a degree in Exercise and Nutrition Science with a concentration in Nutrition and Wellness. Visit <https://www.montevallo.edu/academics/colleges/college-of-education/undergraduate/exercise-and-nutrition-science-exns/> for a detailed checklist of classes required to graduate. Please see Non-Dietetic Track requirements.

## General Education Requirements

### **Major Course Requirements:**

FCS 170: Introduction to Food Science and Preparation (3)  
EXNS 190: Survey of Exercise and Nutrition Science (2)  
EXNS 210: Foundations of Exercise Science (3)  
FCS 281: Introduction to Nutrition (3)  
EXNS 310: Sports Nutrition (3)  
EXNS 380: Physiology of Exercise (4)  
EXNS 382: Foodservice Systems Management (3)  
EXNS 471: Applied Research in Food Science (3)  
EXNS 473: Human Nutrition and Metabolism I (3)  
EXNS 474: Human Nutrition and Metabolism II (3)  
FCS 477: Quantity Foods (3)  
EXNS 483: Nutrition Care Process I (3)  
EXNS 484: Nutrition Care Process II (3)  
EXNS 485: Life Cycle and Community Nutrition (3)  
EXNS 497: Pharmacology (3)

### **Coordinated Program in Dietetics Track:**

EXNS 465: Community Nutrition I Supervised Practice (3)  
EXNS 466: Community Nutrition II Supervised Practice (3)  
EXNS 467: Foodservice Management I Supervised Practice (3)  
EXNS 468: Foodservice Management II Supervised Practice (3)  
EXNS 469: Clinical Nutrition I Supervised Practice (3)  
EXNS 470: Clinical Nutrition II Supervised Practice (3)

### **Nutrition and Wellness (Non-Dietetics) Track:**

EXNS 398: Exercise Testing and Evaluation (4)  
EXNS 499: Health-Fitness Program Design (3)  
EXNS Elective (1)

### **Required Support Courses:**

BIO 300: Microbiology (4)  
CHEM 102: Basic Chemistry II (4)  
EXNS 373: Seminar in Dietetics (1)

**General Electives: Students not admitted to the Coordinated Program in Dietetics (CP) must take 4 hours of electives to complete the Nutrition and Wellness Concentration.**

## ■ 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.*

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For information regarding scholarships or financial aid, contact the University of Montevallo Student Financial Services at (205) 665-6050.