



Undergraduate Exercise & Nutrition Science (Strength & Conditioning)

■ About Our Program

This concentration is designed to expose students to advanced strength and conditioning techniques endorsed by the national Strength and Conditioning Association (NSCA). Special emphasis will be placed on appropriate baseline testing as well as the design of a variety of exercise training programs. Students will be expected to apply baseline test results and design training programs based on these test results. Students who complete this concentration will be prepared to sit for the NSCA Certified Strength and Conditioning Specialist (CSCS) exam.

■ Admission Requirements

Those admitted into the Strength and Conditioning 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 486: Seminar in Exercise and Nutrition Science (1)
- EXNS 487: Counseling and Wellness
- EXNS 488: Advanced Performance Test & Evaluation (3)
- 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)

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.

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