

2019-2020 Exercise and Nutrition Science BS Degree Plan

Student name: _____ UMID: _____ Date: _____

Advisor name: _____ Concentration: **Strength and Conditioning**



UNIVERSITY of
MONTEVALLO

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 or 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 **

**Indicates requirement is satisfied in major course requirements.

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 _____

Major Course Requirements (56 hours)

- | | |
|--|---------|
| EXNS 190 (Survey of Exercise and Nutrition Science) | 2 _____ |
| EXNS 200 (Care and Prevention of Athletic Injuries) | 3 _____ |
| EXNS 210 (Foundations of Exercise Science) | 3 _____ |
| EXNS 211 Motor Development) | 3 _____ |
| FCS 281 (Introduction to Nutrition) | 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) | 3 _____ |
| EXNS 488 (Advanced Performance Test & Evaluation) | 3 _____ |
| EXNS 490 (Health Promotion Internship) | 3 _____ |
| EXNS 492 (Clinical Testing and Interpretation) | 4 _____ |
| EXNS 497 (Pharmacology) | 3 _____ |
| EXNS 498 (Sport/Fitness Management) | 3 _____ |
| EXNS 496 (Strength and Conditioning) | 3 _____ |
| EXNS 499 (Health-Fitness Program Design) | 3 _____ |

General Electives (9 hours)

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

Optional electives:

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

Minor Course Requirements (Optional)

Title: _____ Hrs. Req. _____

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:	_____