



# 19/20 Suggested Course of Study

## Exercise and Nutrition Sciences, BS

### (Nutrition and Wellness)

#### Freshman Year, Fall Semester

|                             |   |           |
|-----------------------------|---|-----------|
| Major                       | FCS 170, Intro to Food Science & Prep         | 3         |
| Gen Ed                      | ENG 101, Composition I                        | 3         |
| Gen Ed                      | Fine Arts                                     | 3         |
| Gen Ed                      | BIO 105, Introductory Biology I               | 4         |
| Gen Ed                      | HIST 101 or 102, History of World Civ I or II | 3         |
| <b>Total semester hours</b> |   | <b>16</b> |

#### Freshman Year, Spring Semester

|                             |  |           |
|-----------------------------|--|-----------|
| Major                       | FCS 281, Introduction to Nutrition*          | 3         |
| Gen Ed                      | ENG 102, Composition II                      | 3         |
| Gen Ed                      | COMS 101, Found. Of Oral Comm.               | 3         |
| Gen Ed                      | Mathematics                                  | 3         |
| Gen Ed                      | HIST 101 or 102 or Social or Behavioral Sci. | 3         |
| <b>Total semester hours</b> |  | <b>15</b> |

#### Sophomore Year, Fall Semester

|                             |   |           |
|-----------------------------|---|-----------|
| Major                       | EXNS 210, Foundations of Exercise Science | 3         |
| Major                       | FCS 477, Quantity Foods                   | 3         |
| Gen Ed                      | ENG 231 or 232, Global Literature I or II | 3         |
| Gen Ed                      | CHEM 101, Basic Chemistry I               | 4         |
| Gen Ed                      | EC 231 or 232, Macro or Micro Economics   | 3         |
| <b>Total semester hours</b> |   | <b>16</b> |

#### Sophomore Year, Spring Semester

|                             |                                     |           |
|-----------------------------|-------------------------------------|-----------|
| Major                       | EXNS 310, Sports Nutrition          | 3         |
| Major                       | EXNS 382, Foodservice Systems Mgmt. | 3         |
| Support                     | CHEM 102, Basic Chemistry II        | 4         |
| Gen Ed                      | PSYC 201, Foundations of Psychology | 3         |
| <b>Total semester hours</b> |                                     | <b>13</b> |

#### Junior Year, Fall Semester

|                             |  |           |
|-----------------------------|--|-----------|
| Major                       | EXNS 190, Survey of Exercise & Nut Science | 2         |
| Support                     | BIO 300, Microbiology                      | 4         |
| Gen Ed                      | PHIL 220, Ethics                           | 3         |
| Gen Ed                      | Humanities or Fine Arts                    | 3         |
| BS Degree                   | BIO 201, Human Anatomy & Physiology I      | 4         |
| <b>Total semester hours</b> |  | <b>16</b> |

#### Junior Year, Spring Semester

|                             |  |           |
|-----------------------------|--|-----------|
| Major                       | EXNS 373, Seminar in Dietetics           | 1         |
| Major                       | EXNS 471, Applied Research in Food Sci.  | 3         |
| Major                       | EXNS 485, Life Cycle & Community Nutrit. | 3         |
| Gen Ed                      | ENG 231 or 232 or Humanities & Fine Arts | 3         |
| BS Degree                   | BIO 202, Human Anatomy & Physiology II   | 4         |
| <b>Total semester hours</b> |  | <b>14</b> |

#### Senior Year, Fall Semester

|                             |   |           |
|-----------------------------|---|-----------|
| Major                       | EXNS 380, Physiology of Exercise        | 4         |
| Major                       | EXNS 398, Exercise Testing & Evaluation | 4         |
| Major                       | EXNS 473, Human Nutrition & Metab. I    | 3         |
| Major                       | EXNS 483, Nutrition Care Process I      | 3         |
| <b>Total semester hours</b> |   | <b>14</b> |

#### Senior Year, Spring Semester

|                             |   |           |
|-----------------------------|---|-----------|
| Major                       | EXNS 474, Human Nutrition & Metab. II   | 3         |
| Major                       | EXNS 484, Nutrition Care Process II     | 3         |
| Major                       | EXNS 487, Counseling and Wellness       | 3         |
| Major                       | EXNS 497, Pharmacology                  | 3         |
| Major                       | EXNS 499, Health-Fitness Program Design | 3         |
| Major                       | EXNS major elective                     | 1         |
| <b>Total semester hours</b> |   | <b>16</b> |

**TOTAL HOURS REQUIRED FOR DEGREE 120**

#### Notes

\* Indicates the course is also used to satisfy a General Education Core requirement.

This suggested course of study is for informational purposes only and does not replace academic advising. All UM students must meet with an academic advisor before registering for future semesters. This plan contains 0 hours of general electives. For more information, contact the department chair or click one of the links below:

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Webpage: <https://www.montevallo.edu/academics/colleges/college-of-education/undergraduate/exercise-and-nutrition-science-exns/>

Bulletin: [http://bulletin.montevallo.edu/preview\\_program.php?catoid=24&pooid=3705&returnto=3062](http://bulletin.montevallo.edu/preview_program.php?catoid=24&pooid=3705&returnto=3062)