

2021-2022 Exercise and Nutrition Science BS Degree Plan



Student name: _____ UMID: _____ Date: _____

Advisor name: _____ Concentration: **Allied Health**

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 100, 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 100, 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 or 202. 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 hours)**
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 481 (Exercise and Disease) 3 _____
 EXNS 486 (Seminar in Exercise and Nutrition Science) 1 _____
 EXNS 487 (Counseling and Wellness) 3 _____
 EXNS 490 (Health Promotion Internship) 3 _____
 EXNS 492 (Clinical Testing and Interpretation) 4 _____
 EXNS 494 (Exercise and Wellness for Senior Adults) 3 _____
 EXNS 496 (Strength and Conditioning) 3 _____
 EXNS 497 (Pharmacology) 3 _____
 EXNS 499 (Health-Fitness Program Design) 3 _____

Additional Required Courses (8 hours)

- BIO 106 (Introductory Biology II) 4 _____
 CHEM 102 (Basic Chem II) or 122 (General Chem II) 4 _____

General Electives (1 hour)

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

Additional suggested courses if pursuing Physical Therapy:

- BIO 100 (Principles of Biology) 4 _____
 EXNS 491 (Seminar in Professional Development) 1 _____
 PHYS 201 (College Physics I) 4 _____
 PHYS 202 (College Physics II) 4 _____
 PSYC 300 (Descriptive Statistics) 3 _____
 Select one: PSYC 306, PSYC 310 or PSYC 340 3 _____

Minor Course Requirements (Optional)

Title: _____ Hrs. Req. _____

GENERAL GRADUATION REQUIREMENTS

1. 50% of hrs in major area at UM
2. 30 hrs 300/400 at UM
3. 30 of last 40 hours at UM
4. 64 hr limit from 2-year school
5. 45 hr limit of non-traditional credit
6. 6-hr sequence in history or literature
7. Capstone experience within major
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: _____