

# 2022-2023 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, 120, 220; 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, 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, 120, 220; ENG 231 or 233, 232 or 234; 3 \_\_\_\_\_  
 FRN 101, 102, 150, 201, 202, 250; SPN 101 or 103, 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)**  
 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 \_\_\_\_\_  
 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 496 (Strength and Conditioning) 3 \_\_\_\_\_  
 EXNS 497 (Pharmacology) 3 \_\_\_\_\_  
 EXNS 498 (Sport/Fitness Management) 3 \_\_\_\_\_  
 EXNS 499 (Health-Fitness Program Design) 3 \_\_\_\_\_  
 FCS 281 (Introduction to Nutrition) 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
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: \_\_\_\_\_