



22/23 Suggested Course of Study

Exercise and Nutrition Sciences, BS

(Nutrition and Wellness, Coordinated Program)

Freshman Year, Fall Semester

Major	FCS 170, Intro. to Food Science & Prep	3
Gen Ed	ENG 101, Composition I	3
Gen Ed	HIST 101 or 102, History of World Civ I or II	3
Gen Ed	CHEM 101, Basic Chemistry I	4
Gen Ed	Mathematics	3
Total semester hours		16

Freshman Year, Spring Semester

Major	FCS 281, Introduction to Nutrition*	3
Support	CHEM 102, Basic Chemistry II	4
Gen Ed	ENG 102, Composition II	3
Gen Ed	BIO 105 or 106, Introductory Biology I or II	4
Gen Ed	COMS 101, Found. Of Oral Comm.	3
Total semester hours		17

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	EC 231 or 232, Macro or Micro Economics	3
BS Degree	BIO 201, Human Anatomy & Physiology I	4
Total semester hours		16

Sophomore Year, Spring Semester

Major	EXNS 310, Sports Nutrition	3
Major	EXNS 382, Foodservice Systems Mgmt.	3
Major	EXNS 471, Applied Research in Food Sci.	3
Gen Ed	PSYC 201, Foundations of Psychology	3
BS Degree	BIO 202, Human Anatomy & Physiology II	4
Total semester hours		16

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:

Dr. Shawn Mitchell, smitche7@montevallo.edu 205 665-6591, Myrick Hall
 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=31&poid=4569&returnto=4154

Junior Year, Fall Semester

Support	BIO 300, Microbiology	4
Major	EXNS 380, Physiology of Exercise	4
Major	EXNS 473, Human Nutrition & Metab. I	3
Major	EXNS 483, Nutrition Care Process I	3
Major	EXNS 497, Pharmacology	3
Total semester hours		17

Junior Year, Spring Semester

Major	EXNS 373, Seminar in Dietetics	1
Major	EXNS 474, Human Nutrition & Metab. II	3
Major	EXNS 484, Nutrition Care Process II	3
Major	EXNS 485, Life Cycle & Community Nutrit.	3
Major	PSYC 300, Descriptive Statistics	3
Gen Ed	HIST 101 or 102 or Social & Behavioral Sci.	3
Total semester hours		16

Junior Year, Summer Semester

Major	EXNS 190, Survey of Exercise & Nutrit. Sci.	2
Gen Ed	ENG 231 or 232 or Humanities & Fine Arts	3
Total semester hours		5

Senior Year, Fall Semester

Major	EXNS 467, Foodservice Mgmt I Sup. Prac.	3
Major	EXNS 465, Comm. Nutrition I Sup. Practice	3
Gen Ed	Humanities or Fine Arts	3
Gen Ed	Fine Arts	3
Total semester hours		12

Senior Year, Spring Semester

Major	EXNS 466, Comm. Nutrition II Sup. Practice	3
Major	EXNS 468, Foodservice Mgmt II Sup. Prac.	3
Major	EXNS 487, Counseling and Wellness	3
Gen Ed	PHIL 220, Ethics	3
Total semester hours		12

Senior Year, Summer Semester

Major	EXNS 469, Clinical Nutrition I Sup. Practice	3
Major	EXNS 470, Clinical Nutrition II Sup. Practice	3
Total semester hours		6

TOTAL HOURS REQUIRED FOR DEGREE 133