



22/23 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
Total semester hours		16

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
Total semester hours		15

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
Total semester hours		16

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
Total semester hours		13

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
Total semester hours		16

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
Total semester hours		14

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
Total semester hours		14

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
Total semester hours		16

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:

Dr. Shawn Mitchell, smitch7@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&poiid=4569&returnto=4154