



23/24 Suggested Course of Study

Exercise and Nutrition Science, BS

(Strength and Conditioning)

Freshman Year, Fall Semester

Major	EXNS 190, Survey of Exercise & Nutrit. Sci.	2
Gen Ed	ENG 101, Composition I	3
Gen Ed	BIO 105, Introductory Biology I	4
Gen Ed	HIST 101 or 102, History of World Civ I or II	3
Electives	General or Minor (or MATH 131)	3
Total semester hours		15

Freshman Year, Spring Semester

Gen Ed	ENG 102, Composition II	3
Gen Ed	COMS 101, Found. of Oral Communications	3
Gen Ed	Mathematics	3
Gen Ed	HIST 101 or 102 or Social & Behavioral Sci.	3
Gen Ed	EC 231 or 232, Macro or Micro Economics	3
Total semester hours		15

Sophomore Year, Fall Semester

Major	EXNS 200, care & Prevention of Athlet. Inj.	3
Gen Ed	ENG 231 or 232, Global Literature I or II	3
Gen Ed	CHEM 101, Basic Chemistry I	4
Gen Ed	PSYC 201, General Psychology	3
BS Degree	BIO 201, Human Anatomy & Physiology I	4
Total semester hours		17

Sophomore Year, Spring Semester

Major	FCS 281, Introduction to Nutrition*	3
Major	EXNS 210, Foundations of Exercise Science	3
Major	EXNS 211, Motor Development	3
Gen Ed	ENG 231 or 232 or Humanities	3
BS Degree	BIO 202, Human Anatomy & Physiology II	4
Total semester hours		16

Junior Year, Fall Semester

Major	EXNS 300, First Aid and Prevention	2
Major	EXNS 310, Sports Nutrition	3
Gen Ed	Fine Arts	3
Electives	General or Minor	6
Total semester hours		14

Junior Year, Spring Semester

Major	EXNS 380, Physiology of Exercise	4
Major	EXNS 381, Principles of Biomechanics	3
Major	EXNS 496, Strength and Conditioning	3
Gen Ed	Humanities or Fine Arts	6
Total semester hours		16

Senior Year, Fall Semester

Major	EXNS 398, Exercise Testing & Evaluation	4
Major	EXNS 486, Seminar in Exercise & Nut Sci.	1
Major	EXNS 487, Counseling and Wellness	3
Major	EXNS 497, Pharmacology	3
Major	EXNS 498, Sport/Fitness Management	3
Total semester hours		14

Senior Year, Spring Semester

Major	EXNS 488, Advanced Perf. Test. & Eval.	3
Major	EXNS 490, Health Promotion Internship	3
Major	EXNS 492, Clinical Testing & Interpretation	4
Major	EXNS 499, Health-Fitness Program Design	3
Total semester hours		13

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 9 hours of general electives. For more information, contact the program coordinator 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/>