

# 2023-2024 Exercise and Nutrition Science BS Degree Plan

Student name: \_\_\_\_\_ UMID: \_\_\_\_\_ Date: \_\_\_\_\_  
 Advisor name: \_\_\_\_\_ Concentration: **Nutrition and Wellness**



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 Literature or History. 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, 240, 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; REL 110.  
 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, 240, 255, 342; PHIL 110 or 111, 180, 220 or 221, 230, 280, 290; THEA 120 or 122; REL 110.
3. **Natural Sciences & Mathematics (11)**  
 Choose: BIO 105 or 107. 4\_\_\_\_  
 Choose: CHEM 101. 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

Complete one Anatomy and Physiology sequence:

BIO 201 and 202 (or BIO 341 and 342) 4\_\_\_\_

4\_\_\_\_

(BIO 342 requires either CHEM 102 or 122 as a prerequisite.)

## 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

## Major Core Requirements (46 hours)

- EXNS 190 (Survey of Exercise and Nutrition Science) 2\_\_\_\_  
 EXNS 210 (Foundations of Exercise Science) 3\_\_\_\_  
 EXNS 310 (Sports Nutrition) 3\_\_\_\_  
 EXNS 373 (Seminar in Dietetics) 1\_\_\_\_  
 EXNS 380 (Physiology of Exercise) 4\_\_\_\_  
 EXNS 382 (Foodservice Systems Management) 3\_\_\_\_  
 EXNS 471 (Applied Research in Food Science) 3\_\_\_\_  
 EXNS 473 (Human Nutrition and Metabolism I) 3\_\_\_\_  
 EXNS 474 (Human Nutrition and Metabolism II) 3\_\_\_\_  
 EXNS 483 (Nutrition Care Process I) 3\_\_\_\_  
 EXNS 484 (Nutrition Care Process II) 3\_\_\_\_  
 EXNS 485 (Life Cycle and Community Nutrition) 3\_\_\_\_  
 EXNS 487 (Counseling and Wellness) 3\_\_\_\_  
 EXNS 497 (Pharmacology in Exercise Science) 3\_\_\_\_  
 FCS 281 (Introduction to Nutrition) 3\_\_\_\_  
 FCS 477 (Quantity Foods) 3\_\_\_\_

## Support Courses (11 hours)

- FCS 170 (Introduction to Food Science and Preparation) 3\_\_\_\_  
 BIO 300 (Microbiology) 4\_\_\_\_  
 CHEM 102 (Basic Chemistry II) 4\_\_\_\_

## Complete one of the following (8 or 21 hours)

### NUTRITION & WELLNESS (NON-DIETETICS) (8)

Students not admitted to the Coordinated Program in Dietetics must take the following:

- EXNS 398 (Exercise Testing and Evaluation) 4\_\_\_\_  
 EXNS 499 (Health-Fitness Program Design) 3\_\_\_\_  
 EXNS elective 1\_\_\_\_

### COORDINATED PROGRAM IN DIETETICS (21)

Students admitted to the Coordinated Program in Dietetics must take the following courses:

- EXNS 465 (Community Nutrition I Superv. Practice) 3\_\_\_\_  
 EXNS 466 (Community Nutrition II Superv. Practice) 3\_\_\_\_  
 EXNS 467 (Foodservice Management I Superv. Practice) 3\_\_\_\_  
 EXNS 468 (Foodservice Management II Superv. Practice) 3\_\_\_\_  
 EXNS 469 (Clinical Nutrition I Superv. Practice) 3\_\_\_\_  
 EXNS 470 (Clinical Nutrition II Superv. Practice) 3\_\_\_\_  
 PSYC 300 (Descriptive Statistics) 3\_\_\_\_

## General Electives (none required)

\_\_\_\_\_  
 \_\_\_\_\_

Total Hours Required: 120 or 133

Total Hours Completed to Date: \_\_\_\_\_

Hours Remaining for Completion: \_\_\_\_\_

Hours Currently Registered: \_\_\_\_\_

Hours Remaining: \_\_\_\_\_