

2024-2025 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; MC 100, 325; MUS 121 or 122, 125, 211, 240, 255, 342; THEA 120 or 122. 3 _____
 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. 3 _____
 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 _____
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: PSYC 201 or 202. 3 _____
 Choose two 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; 3 _____
 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 crs 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)

Updated 4/12/2024

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 12 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 (12)

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

EXNS 465 (Community Nutrition I Superv. Practice)	3 _____
EXNS 467 (Foodservice Management I Superv. Practice)	3 _____
EXNS 469 (Clinical Nutrition I Superv. Practice)	3 _____
PSYC 300 (Descriptive Statistics)	3 _____

General Electives (none required)

Total Hours Required:	120 or 124
Total Hours Completed to Date:	_____
Hours Remaining for Completion:	_____
Hours Currently Registered:	_____
Hours Remaining:	_____

For planning only. Refer to Degree Works for official degree evaluation.