

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; 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: 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.)

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 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:	_____

GENERAL GRADUATION REQUIREMENTS

- | | |
|-----------------------------------|--|
| 1. 50% of crs in major area at UM | 5. 45 hr limit of non-traditional credit |
| 2. 30 hrs 300/400 at UM | 6. 6-hr sequence in history or literature |
| 3. 30 of last 40 hours at UM | 7. Capstone experience within major |
| 4. 64 hr limit from 2-year school | 8. 2.0 or higher UM GPA and in all major and minor areas |