

2025-2026 Exercise and Nutrition Science BS Degree Plan



UNIVERSITY of
MONTEVALLO

Student name: _____ UMID: _____ Date: _____

Advisor name: _____ Concentration: **Nutrition and Wellness**

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 (50 hours)

First Year Experience (3)

Choose: UM 101 or HNRS 101 3 _____

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, 123.

Choose one Humanities: AAS 200; 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): AAS 200, ART 100, 120, 220; 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; MC 100, 325; MUS 121 or 122, 125, 211, 240, 255, 342; PHIL 110 or 111, 180, 220 or 221, 230, 280, 290; REL 110; THEA 120 or 122, 123. 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, 302; GEOG 231; HIST 101 or 103, 102 or 104; POS 200, 250; SOC 101 or 102; SWK 203, 260, 322. 3 _____

5. Personal Development (3)

Choose: FCS 281* 3 **

**Indicates requirement is satisfied in major course requirements.

EXNS Core Requirements (36 hours)

EXNS 120 (Health Wellness) 3 _____

EXNS 200 (Care and Prevention of Athletic Injuries) 3 _____

EXNS 210 (Foundations of Exercise Science) 3 _____

EXNS 211 Motor Development) 3 _____

FCS 281 (Introduction to Nutrition) 3 _____

EXNS 308 (Statistics for Health Professions) 3 _____

EXNS 380 (Physiology of Exercise) 4 _____

EXNS 398 (Exercise Testing and Evaluation) 4 _____

EXNS 486 (Seminar in Exercise and Nutrition Science) 1 _____

EXNS 487 (Counseling and Wellness) 3 _____

EXNS 490 (Exercise & Nutrition Science Field Experience) 3 _____

EXNS 494 (Exercise for Special Populations) 3 _____

Nutrition and Wellness Requirements (28 hours)

EXNS 310 (Sports Nutrition) 3 _____

EXNS 373 (Seminar in Dietetics) 1 _____

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 _____

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 _____

General Electives (none required)

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 |

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.)

Total Hours Required: 133

Total Hours Completed to Date: _____

Hours Remaining for Completion: _____

Hours Currently Registered: _____

Hours Remaining: _____