

2025-2026 Exercise and Nutrition Science BS Degree Plan



UNIVERSITY of
MONTEVALLO

Student name: _____ UMID: _____ Date: _____
 Advisor name: _____ Concentration: **Strength and Conditioning**

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 History or Literature. 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, 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 or 121. 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; 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

BIO 201 (Human Anatomy & Physiology I) 4 _____

BIO 202 (Human Anatomy & Physiology II) 4 _____

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 (EXNS Field Experience) 3 _____

EXNS 494 (Exercise for Special Populations) 3 _____

Strength and Conditioning Requirements (21 hours)

EXNS 310 (Sports Nutrition) 3 _____

EXNS 381 (Principles of Biomechanics) 3 _____

EXNS 488 (Advanced Performance Test & Evaluation) 3 _____

EXNS 490 (EXNS Field Experience II) 3 _____

EXNS 496 (Strength and Conditioning) 3 _____

EXNS 498 (Sport/Fitness Management) 3 _____

EXNS 499 (Health-Fitness Program Design) 3 _____

General Electives (5 hours)

Note: Students must take enough elective hours to meet the required 120 hours.

Minor Course Requirements (Optional)

Title: _____ Hrs. Req. _____

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

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