

# 2025-2026 Exercise & Nutrition Science BS Degree Plan



UNIVERSITY of  
MONTEVALLO

Student name: \_\_\_\_\_ UMID: \_\_\_\_\_ Date: \_\_\_\_\_

Advisor name: \_\_\_\_\_ Concentration: **Health Promotion**

## 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.  
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; 3 \_\_\_\_\_  
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. **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 and 202 (or Bio 341 and 342) 4 \_\_\_\_\_  
4 \_\_\_\_\_  
(BIO 342 requires either CHEM 102 or 122 as a prerequisite.)

## 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 \_\_\_\_\_

## Health Promotion Requirements (15 hours)

- EXNS 246 (Community and Public Health) 3 \_\_\_\_\_  
EXNS 250 (Medical Terminology) 3 \_\_\_\_\_  
EXNS 311 (Principles of Health Promotion and Education) 3 \_\_\_\_\_  
EXNS 481 (Exercise and Disease) 3 \_\_\_\_\_  
EXNS 498 (Sports/Fitness Management) 3 \_\_\_\_\_

## General Electives (11 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 | 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 |

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