

Name: Strength & Conditioning Track

Major: EXNS

University of Montevallo

4-YEAR PLAN

4-YEAR PLAN		Freshman		Sophomore		Junior		Senior	
		Course Title	HRS	Course Title	HRS	Course Title	HRS	Course Title	HRS
Fall Semester		EXNS 120	3	EXNS 211	3	EXNS 308	3	EXNS 486	1
		BIO 105	4	EXNS 281	3	EXNS 380	4	EXNS 490	3
		ENG 101	3	CHEM 101/121	4	ENG 231/323	3	GEN ED - Fine Arts	3
		UM 101	3	BIO 201	4	GEN ED - Humanities	3	EXNS 488	3
				COMS 101	3	PSYC 201	3	GEN ED - History, Social, Behav	3
		Total Semester HRS	13	Total Semester HRS	17	Total Semester HRS	16	Total Semester HRS	13
Spring Semester		EXNS 200	3	BIO 202	4	EXNS 398	4	EXNS 494	3
		EXNS 210	3	GEN ED - Humanities	3	EXNS 487	3	EXNS 490	3
		MATH 147 or Higher	3	ELECTIVE	2	GEN ED - Humanities	3	EXNS 498	3
		ENG 102	3	EXNS 310	3	EXNS 496	3	EXNS 499	3
		HIST 101/103	3	EXNS 381	3	GEN ED - History, Social, Behav	3	ELECTIVE	3
		Total Semester HRS	15	Total Semester HRS	15	Total Semester HRS	16	Total Semester HRS	15
Summer Full Term									
Summer I									
Summer II									
		Total Semester HRS	0	Total Semester HRS	0	Total Semester HRS	0	Total Semester HRS	0
FULL CREDITS TOTAL	120	Total Year Hours	28	Total Year Hours	32	Total Year Hours	32	Total Year Hours	28