

Exercise and Nutrition Science, B.S.

The Program Coordinator for Exercise and Nutrition Science is Dr. Stacy Bishop. You may contact Dr. Bishop at sbishop2@montevallo.edu.

Transfer students seeking to select courses that most closely match degree programs in Exercise and Nutrition Science at Montevallo should choose the following Alabama community college course options from Areas I-V of the AGSC Guide. A maximum of sixty-four hours of credit will transfer from a two-year college.

- **Area I - Written Composition 6 semester hours**

Select ENG 101 & 102 – Written Composition I & II

- **Area II - Humanities and Fine Arts 18 semester hours**

Students must complete a 6-semester hour sequence in either literature (AREA II) or history (AREA IV).

Select at least 3 semester hours in literature from the approved list below (no more than 6 hours of literature in AREA II):

ENG 251 – American Literature I
ENG 252 – American Literature II
ENG 261 – English Literature I
ENG 262 – English Literature II
ENG 271 – World Literature I
ENG 272 – World Literature II

Select either SPH 106 or SPH 107

Select the remaining semester hours for AREA II from the approved list below. Total hours in AREA II should equal 18 semester hours.

Select at least 3 hours of Fine Arts (but not more than 9 hours).

Select at least 3 hours of Humanities (but not more than 9 hours).

Fine Arts

ART 100 – Art Appreciation
ART 203 – Art History I
ART 204 – Art History II
MUS 101 – Music Appreciation
THR 120 – Theatre Appreciation
THR 126 – Introduction to Theatre

Humanities

FRN 101 – Introductory French I
FRN 102 – Introductory French II
FRN 201 – Intermediate French I
FRN 202 – Intermediate French II

GRN 101 – Introductory German I
GRN 102 – Introductory German II
GRN 201 – Intermediate German I
GRN 202 – Intermediate German II
HUM 130 – Mankind and His Art
PHL 106 – Introduction to Philosophy
PHL 206 – Ethics and Society*
SPA 101 – Introductory Spanish I
SPA 102 – Introductory Spanish II
SPA 201 – Intermediate Spanish I
SPA 202 – Intermediate Spanish II

**Nutrition & Wellness should choose PHIL 206.*

- **Area III - Natural Sciences and Mathematics 11 semester hours**

Select BIO 103 – Principles of Biology I with a “C” or better

Select one 4-hour chemistry course from among:

CHM 104 – Intro to Inorganic Chemistry*

CHM 111 – General Chemistry I

**Nutrition & Wellness should choose CHEM 104.*

Select MTH 110 – Finite Mathematics or MTH 112 – Pre-Calculus Algebra

- **Area IV - History, Social & Behavioral Sciences 12 semester hours**

Students must complete a 6-semester hour sequence in either literature (AREA II) or history (AREA IV).

Select at least 3 semester hours in history from the approved list below (no more than 6 hours of history for AREA IV):

HIS 101 – History of Western Civilization I

HIS 102 – History of Western Civilization II

HIS 121 – World History I

HIS 122 – World History II

HIS 201 – United States History I

HIS 202 – United States History II

Select EC 231 – Principles of Macroeconomics or EC 232 – Principles of Microeconomics

Select PSYC 200 – General Psychology

Select the remaining semester hours for AREA IV from the approved list below. Total hours in AREA IV should equal 12 hours.

GEO 100 – World Regional Geography

POL 211 – American National Government

SOC 200 – Introduction to Sociology

- **Area V - Pre-Professional, Major, & Elective Courses (up to 17) semester hours**

Select BIO 201 – Anatomy and Physiology I

Select BIO 202 – Anatomy and Physiology II

Allied Health may also take the following:

BIO 104 – Principles of Biology II

CHM 105 – Intro to Organic Chemistry *or* CHM 112 – General Chemistry II

Health Promotion may also take the following:

HED 230 – Safety & First Aid *or* HED 231 – First Aid

General electives, up to 6 hours

Nutrition & Wellness may also take the following:

BIO 220 – Microbiology

CHM 105 – Introduction to Organic Chemistry

Strength and Conditioning may also take the following:

HED 230 – Safety & First Aid *or* HED 231 – First Aid

General electives, up to 6 hours