2011-12
ACADEMIC CHECKSHEET
NAME: _____
ADVISOR:

THE UNIVERSITY OF
MONTEVALLO

ID: _____
NUTRITION AND WELLNESS

KINESIOLOGY
DEGREE: BS
DATE:

GENERAL EDUCATION REQUIREMENTS

See UM Bulletin for full explanation.

1. Written Composition (6)

ENG 101 or 103	3____
ENG 102 or 104	3____

2. Humanities & Fine Arts (18)

ENG 231 or 233	3____
ENG 232 or 234	3____
COMS 101 or 102	3____
FINE ARTS - ART 100, 218, 219, MC 325, MUS 121, 125, 255, 342, THEA 120	3____
PHIL 220	3____

Select 1 course from the following list:
ART 100, 218, 219; MC 325,
MUS 121, 125, 255, 342, THEA 120;
PHIL 110, 111, 180, 220, 231, 230, 280, 290;
FRN/SPN 101, 102, 150, 201, 202, 250
GER 101, 102, 201, 202, HNRS 309 3____

3. Natural Sciences & Mathematics (11)

(Lab sciences in 2 disciplines)

BIO 105	4____
CHEM 101 or 121	4____

(Prerequisite for Chem 102 or 122)

MATH 147/154 (option: MATH 144 or higher)	3____

4. History, Social & Behavioral Sciences (12)

HIST 101 or 103	3____
HIST 102 or 104	3____
EC 231 or 232	3____
PSYC 201	3____

5. Health & Wellness, Activity (3)

KNES 120	3_*__

6. Computer Applications (1-3)

MIS 161	3____

7. Additional Hours Required for BS Degree

Science/Math (7 Hours beyond 11 Hr. Gen. Ed. Req.)

BIO 341 Anatomy 4
BIO 342 Physiology 4
(Prerequisite CHEM 102 or 122)

* Satisfied in Major Course Requirements

****MAJOR COURSE REQUIREMENTS – 51 hours****

KNES/FCS 170 (Intro to Food Science & Prep)	3____
KNES 190 (Introduction to Kinesiology)	2____
KNES 210 (Personal Health)	3____
KNES/FCS 281 (Introduction to Nutrition)	3____
KNES 310 (Sports Nutrition)	3____
KNES/FCS 370 (Applied Res. In Food Science)	3____
KNE/FCS 372 (Quantity Foods)	3____
KNES/FCS 380 (Physiology of Exercise)	4____
KNES/FCS 382 (Foodservice Systems Mgt)	3____
KNES/FCS 473 (Hum. Nutrition&Metabolism I)	3____
KNES/FCS 474 (Hum. Nutrition&Metabolism II)	3____
KNES/FCS 482 (Nutrition Care Process I)	3____
KNES/FCS 483 (Nutrition Care Process II)	3____
KNES/FCS 485 (Life Cycle & Comm Nutrition)	3____
KNES 497 (Pharmacology)	3____
KNES 498 (Sport/Fitness Management)	3____
KNES 499 (Health-Fitness Program Design)	3____

SUPPORT COURSES (7)

BIO 300 (Microbiology)	4____
PSYC 300 (Descriptive Statistics)	3____

***GENERAL ELECTIVES (14)**

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*** Note: Students who plan to enter the Dietetics Program must take these required electives:**

KNES/FCS 181 (Intro to Dietetics)	1____
KNES/FCS 373 (Seminar in Dietetics)	1____

Graduation Requirements:
1. 50% of major at UM
2. 30 hours of 300/400 level work at UM
3. 30 of last 40 hours at UM

Total Hours Required:	130
Total Hours Completed to Date:	____
Hours Remaining for Completion:	____
Hours Currently Registered:	____
Hours Remaining:	____

Updated 6/27/2011