

BS in Nutrition and Exercise Physiology with Emphasis in Nutrition and Foods

Degree Program Description

The emphasis in Nutrition and Foods prepares students to integrate and apply the principles of the biomedical sciences and food and nutrition sciences to design and manage effective nutrition programs in a variety of settings. Nutrition and Foods is the first step to acceptance into the Professional Coordinated Program in Dietetics (<http://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/dietetics/#graduate/text>). The Coordinated Program is recognized as an accelerated program resulting in both a bachelors and masters degree.

During the first two years of the curriculum, students develop a foundation in science and general education. Students must apply and be admitted to complete the final three year course of study devoted to professional courses and supervised practice (fieldwork). Admitted students complete:

- A Bachelor of Science (Nutrition and Foods)
- A Master of Science (Dietetics)
- All supervised practice (fieldwork) necessary to meet the requirements to take the Registration Examination for Dietitians (RD Exam)
- A verification statement providing proof of completion will be provided after the graduate degree is awarded

The completion of this bachelor's degree only, does not allow the student to be eligible to take the national Registration Examination for Dietitians. Furthermore, it is not a didactic program in dietetics. No verification state is given after completion of only the bachelor's degree.

Major Program Requirements

This is a professional and competitive program that requires acceptance to the Coordinated Program in Dietetics to complete the degree. Students who receive this degree emphasis, who are in good academic standing and meet program requirements, will transition seamlessly to the Coordinated Program's fifth year master's program (<http://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/dietetics/ms-dietetics/>).

Students earning a Bachelor of Science in Nutrition and Exercise Physiology are required to complete all University general education (<http://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/>), University graduation (<http://catalog.missouri.edu/academicdegreerequirements/universityrequirements/>) and degree requirements, including selected foundational courses, which may fulfill some University general education requirements.

If you are planning to transfer courses (including AP credit) and would like information on how they apply to a degree program(s), you can email CAFNRadvising@missouri.edu for general recommendations.

Students are admissible to transfer into Nutrition and Foods with a 2.0 cumulative GPA, but must have a 3.2 or higher to apply to the

Coordinated Program. You are directly admissible as a freshman when you meet the University admissions requirements.

Pre-Professional Requirements (some will double dip for Gen Ed)

BIO_SC 1010 & BIO_SC 1020	General Principles and Concepts of Biology and General Biology Laboratory	5
or BIO_SC 1500	Introduction to Biological Systems with Laboratory	
BIOCHM 3630	General Biochemistry	3
or BIOCHM 4270	Biochemistry	
CHEM 1320	College Chemistry I	4
CHEM 2030	Survey of Organic Chemistry	3
or CHEM 2100	Organic Chemistry I	
CHEM 2130	Organic Laboratory I	2
CDS 2190	Medical Terminology	3
COMMUN 1200	Public Speaking	3
or AGSC_COM 2220	Verbal Communication in Agriculture, Food and Natural Resources	
ENGLISH 1000	Writing and Rhetoric	3
FINPLN 2183	Personal and Family Finance	3
F_S 1030	Food Science and Nutrition	3
MATH 1100	College Algebra	3
MPP 3202	Elements of Physiology	5
NEP 1034/1034H	Introduction to Human Nutrition	3
NEP 1995	Nutritional Food Science	3
or F_S 3210	Kitchen Chemistry	
NEP 2340	Human Nutrition I	3
PHIL 1150	Introductory Bioethics	3
or PHIL 2440	Medical Ethics	
PSYCH 1000	General Psychology	3
HIST 1400	American History	5
or POL_SC 1100	American Government	
PTH_AS 2201	Human Anatomy Lecture	3

Areas of Competence

ESC_PS 4170	Introduction to Applied Statistics	3
F_S 4310	Food Chemistry and Analysis	4
MANGMT 3000	Principles of Management	3
MPP 4204	Medical Pharmacology	4
NEP 2450	Nutrition Throughout the Life Span	3
Humanities (select Writing Intensive section)		3
NEP 3290	Food Service I: Field Work/Supervised Practice Experience	1
NEP 3360	Nutritional Assessment Lab	3
NEP 3370	Medical Nutrition Therapy I: Supervised Practice Experience	3
NEP 3390	Teaching and Counseling Techniques in Nutrition	2
NEP 3400	Teaching & Counseling Techniques in Nutr. Supervised Practice Exp	1
NEP 3590	Community Nutrition Field Work/Supervised Practice Experience	1
NEP 4280	Food Service Management	3
NEP 4290	Food Serv. II: Adv. Food Service Manage. Supervised Practice Exp	2
NEP 4340	Human Nutrition II Lecture	3
NEP 4360	Nutritional Assessment	3
NEP 4385	Professional Development I	1

NEP 4590	Community Nutrition	3
NEP 4950	Capstone: Research in Nutritional Sciences	2
NEP 4951	Nutrition Research Communication	1
NEP 7370	Nutritional Therapy I	3
P_HLTH 4300	Health Care in the United States	3
PSYCH 3830	Health Psychology	3
Professional Elective		3
General Elective		3
Supporting Electives		3
Select 1 course from the list below.		
AFNR 3215	Community Food Systems	3
BIO_SC 2200	General Genetics	4
BIO_SC 3750	General Microbiology	3
F_S 4370	Food Microbiology	3
F_S 4980	Food Quality Assurance	3
H_D_FS 3430	Adolescence and Young Adulthood	3
HLTH_SCI 3300	Public Health Principles, Practice, and Education	3
HLTH_SCI 4400	Culture and Health Literacy for the Health Professions	3
HLTH_SCI 4420	Health Literacy, Decision Making and Behavior Changes	3
MICROB 3200	Medical Microbiology and Immunology	4
MANGMT 4201W	Topics in Management - Writing Intensive	3
MRKTNG 3000	Principles of Marketing	3
NEP 2460	Eating Disorders	3
NEP 3131	International Nutrition and Exercise Physiology	3-99
NEP 4970	PANHP Capstone: Sports Nutrition	3
SOCIOL 3430	The Sociology of Sport	3
SOCIOL 3440	Sociology of Health	3
SOCIOL 4210	Aging and the Life Course	3
SOC_WK 4390	Helping Strategies With Children and Adolescents	3
SOC_WK 4395	Death, Grief and Loss	3
SOC_WK 4480	Direct Practice with Older Adults	3
Total Credits		195-291

¹ Dual enrollment: counts toward graduate level

Accelerated BS to MS in Dietetics

The BS-MS coordinated program in Dietetics will provide all didactic (coursework) and supervised practice (1200 hours of fieldwork) required for a student to take the national Registration Examination for Dietitians and thus, to become a registered dietitian nutritionist (RDN). The program includes two years of prerequisite courses needed for the student to apply to the program. Successfully admitted candidates will be part of the accelerated program, they will be retained for the additional three years to complete the program, including their fieldwork/supervised practice requirements. Only students who complete all aspects of this five year sequence, (BS, MS and 1200 hours of supervised practice), will meet requirements to take the RDN exam.

Students typically apply to the program during the spring semester of year two. The bachelors degree will be conferred at the end of year four.

One dual enrollment class (NEP 7370) will be offered at the graduate

level during the final semester of year four and remaining graduate work will occur in year five. During years three through five, each student will be required to meet minimum criteria for program continuation. Criteria can be found in the program handbook on the department website (<https://nep.missouri.edu/degrees/dietetics/>).

Total credits required for graduation: 150

- Total undergraduate credits: 120
- Total graduate credits:30

Fifth Year Courses

AN_SCI 8420	Endocrinology	3
HMI 7566	Health Informatics Ethics	3
NEP 7380	Medical Nutrition Therapy II	3
NEP 7381	Medical Nutrition Therapy II: Supervised Practice Experience	5
NEP 8380	Medical Nutrition Therapy III	3
NEP 8975	Dietetics Supervised Practice Experience	10

Requirements for Non-Thesis

A mini-comprehensive exam will be administered during year four and a comprehensive exam at the end of year five.

Admission Requirements:

Admission to the Professional Coordinated Program in Dietetics portion of Nutrition and Foods is a selective process and requires both an application and interview process. Detailed information on this can be found on the NEP department website (<https://nep.missouri.edu/degrees/dietetics/>)

Note: Admission is limited to a maximum of 20 students per year.

Semester Plan

Below is a sample plan of study, semester by semester. A student's actual plan may vary based on course choices where options are available.

Note: Changes in course requirements may occur, as the program is required to meet accreditation standards.

First Year			
Fall	CR	Spring	CR
BIO_SC 1500 or 1010 and 1020		5 CHEM 1320	4
F_S 1030		3 ENGLISH 1000	3
NEP 1034 or 1034H		3 PSYCH 1000	3
MATH 1100		3 Humanities (PHIL 1150 or PHIL 2440 recommended)	3
		HIST or POL_SC course	3
		14	16
Second Year			
Fall	CR	Spring	CR
CHEM 2030		3 BIOCHM 3630	3
CHEM 2130		2 CDS 2190	3
COMMUN 1200 or AGSC_COM 2220		3 NEP 1995 or F_S 3210	3
MPP 3202		5 NEP 2340	3
FINPLN 2183		3 PTH_AS 2201	3
		16	15

Third Year			
Fall	CR	Spring	CR
F_S 4310		4 ESC_PS 4170	3
NEP 3360		2 MANGMT 3000	3
NEP 4340		3 NEP 2450	3
NEP 4360		3 NEP 3290	1
		NEP 3390	2
		NEP 3400	1
		NEP 4280	3
			16
12			
Fourth Year			
Fall	CR	Spring	CR
MPP 4204		4 NEP 3370	3
NEP 3590		1 NEP 4951	1
NEP 4590		3 Professional Elective	3
NEP 4290		2 PSYCH 3830	3
NEP 4385		1 P_HLTH 4300	3
NEP 4950		2 NEP 7370	3
Professional Elective		3 Elective	1
			17
16			
Fifth Year			
Fall	CR	Spring	CR
AN_SCI 8420		3 NEP 8380	2
HMI 7566		3 NEP 8975	10
NEP 7380		3	
NEP 7381		4	
			12
13			

Total Credits: 147