Fitness Programming and Management

Director: Steve Ball
106 Mckee; Phone: (573) 882-2334
ballsd@missouri.edu

Faculty
J. Parks**
Associate Professor  S. Gable**, J. Padilla**, C. A. Peterson**, R. S.
Rector**, V. Vieira-Potter**
Assistant Professor  J. Limberg*, K. Anguah*
Associate Teaching Professor J. Bean*, D. Smith
Teaching Assistant Professor S. Buckallew,
Adjunct Faculty F. W. Booth**, J. A. Ibdah**, D. Lubahn**, F.
Nassir**, M. Milianick, L. Pulakat***, S. Sayers
Adjunct Instructor J. Barnas, J. Beckmann, A. Bryant, K. Eifert, L.
Hudson, S. Saffai, M. Stevens, M. Wissmann
Professor Emeritus D. E. Brigham*, R. P. Dowdy*, L. Hillman*, L.
Hudson*, P. M. Landhuis*, M. McDonald, T. R. Thomas*

* Graduate Faculty Member - membership is required to teach
graduate-level courses, chair master's thesis committees, and serve
on doctoral examination and dissertation committees.
** Doctoral Faculty Member - membership is required to chair
doctoral examination or dissertation committees. Graduate faculty
membership is a prerequisite for Doctoral faculty membership.

Undergraduate

- BS in Fitness Programming and Management (http://
catalog.missouri.edu/schoolofhealthprofessions/
fitnessprogrammingmanagement/bs-fitness-programming-
management/)
- Certificate in Fitness Programming and Management
  (http://catalog.missouri.edu/schoolofhealthprofessions/
fitnessprogrammingmanagement/cert-fitness-programming-
management/)

This program is designed as a 100% online degree program leading to a
BS in Fitness Programming and Management. This degree is designed
for students who are interested in fitness and program management, but
do not wish or are unable to be on campus. It is a good option for both
traditional and non traditional students, including those in the military.

The program is housed within the Department of Nutrition and Exercise
Physiology at the University of Missouri. The department's mission is
to improve the health of Missourians and the larger population through
research, teaching, and outreach related to nutrition and physical activity.
We strive to be a diverse set of leaders, innovators, and educators who
promote improved human health through our focus on nutrition and
physical activity.

The Bachelor of Science in Fitness Programming and Management
provides students with the knowledge and skills to assist individuals
across the lifespan in adopting physical activity, exercise, and other
healthy behaviors that lead to increased fitness, wellness and optimal
health. Students are prepared to pursue national certifications provided
by professional organizations in fields of study related to exercise,

strength and conditioning, and health and wellness. Graduates will be
experts at teaching exercise to most populations.

A Minor in Business is built into the program, preparing students for a
variety of jobs in the fitness industry and beyond. Upon completion of
this academic program students are eligible and encouraged to sit for,
and pass, NSCA Certified Strength and Conditioning Specialist (CSCS)
and the ACSM Certified Personal Trainer (CPT) certification.

Graduate

While MU does not offer graduate degrees specifically in occupational
therapy, the University does offer post-baccalaureate opportunities in a
number of related areas. The catalog provides a complete list of these
degree options.