

BS in Fitness Programming and Management

Degree Program Description

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 sports medicine. Graduates will be experts at teaching exercise to most populations. Additionally, students will complete the coursework needed to earn a Minor in Business preparing them for a variety of jobs in the fitness industry and beyond.

Information on the minor, courses, grades and other qualifications to earn the minor can be found at: <https://business.missouri.edu/programs-admissions/undergraduate/business-administration/minors-and-certificates/business-minor> (<https://business.missouri.edu/programs-admissions/undergraduate/business-administration/minors-and-certificates/business-minor/>)

Learning objectives:

- Skills in designing, implementing, administering and evaluating effective exercise/health promotion programs in private, work-site, community, health care, medical, and agency settings.
- Foundational knowledge in fitness, exercise, and physical activity.
- Methods for helping people make healthy behavior changes and lessen unhealthy behaviors.
- Competencies required to be qualified to take a national certification from the American College of Sports Medicine as a Certified Personal Trainer (ACSM-CPT) or Group Exercise Instructor (ACSM-GEI).

Students who earn a degree in Fitness Programming and Management often pursue careers in fitness centers, college and university wellness and health promotion, community health agencies, fitness manufacturing companies, hospitals and medical facilities, insurance companies, nonprofit disease prevention agencies, private health care organizations, schools, state and county health departments, wellness centers, and work-site wellness and health promotion.

Major Program Requirements

This program is designed as a 100% online degree program leading to a BS in Fitness Programming and Management and requires a minimum of 120 total credit hours to complete. General Education requirements and approved courses from other institutions and entities may be transferred for credit, these will be evaluated by admissions and the department for equivalency. Upon completion of this academic program and as part of the student's capstone project, the student will be required to sit for, and pass, the ACSM Personal Training Certification.

Students must complete all university requirements (<http://catalog.missouri.edu/academicdegreerequirements/universityrequirements/>), including general education (<http://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/>), and those of the College of Human Environmental Sciences (<http://catalog.missouri.edu/>)

undergraduategraduate/collegeofhumanenvironmentalsciences/
#undergraduatetext) in addition to the degree requirements below.

Core Requirements

ACCTCY 2010 or ACCTCY 2026	Introduction to Accounting Accounting I	3
ECONOM 1014 or ABM 1041	Principles of Microeconomics Applied Microeconomics	3
FINANC 2000 or FINANC 3000	Survey of Business Finance Corporate Finance	3
MANGMT 3000	Principles of Management	3
MRKTNG 3000	Principles of Marketing	3
NEP 1034	Introduction to Human Nutrition	3
NEP 1340	Introduction to Exercise and Fitness	3
NEP 1485	Career Exploration in Exercise Science	1
NEP 2140	Exercise Practicum I	3
NEP 2380	Diet Therapy for Health Professionals	3
NEP 2450	Nutrition Throughout the Life Span	3
NEP 3450	Activity Throughout the Lifespan	3
NEP 3550	Corporate, Community, and Personal Fitness	3
NEP 3820	Kinesiology	3
NEP 4200	Sports Performance and Conditioning	3
NEP 3XXX Eating to Win (pending course)		3
NEP 3XXX Exercise & Fitness II (pending course)		3
NEP 4XXX Capstone (pending course)		5
Business Course 3000-level or higher		3

Supporting Coursework

BIO_SC 1010	General Principles and Concepts of Biology	3
BIO_SC 1020	General Biology Laboratory	2
CHEM 1000	Introductory Chemistry	2
COMMUN 1200	Public Speaking	3
ESC_PS 4200	Positive Psychology	3
MPP 3500	Introduction to Human Physiology	3
PTH_AS 2201	Human Anatomy Lecture	3
PRST 2281	Business of Sport and Recreation	3
STAT 1200	Introductory Statistical Reasoning	3

Electives to reach 120 credits needed for graduation.

Semester Plan

First Year

Fall	CR	Spring	CR
BIO_SC 1010		3 POL_SC 1100	3
BIO_SC 1020		2 CHEM 1000	2
HES Foundation		3 ENGLISH 1000	3
MATH 1050 or 1100		3 NEP 1485	1
NEP 1340		3 NEP 1034	3
		Humanities	3
		14	15

Second Year

Fall	CR	Spring	CR
ECONOM 1014 or ABM 1041		3 ACCTCY 2010 or 2026	3
COMMUN 1200		3 MPP 3500	3
NEP 2380		3 NEP 2140	3
PTH_AS 2201		3 NEP 3450	3

Social/Behavioral Science WI	3	Social/Behavioral Science	3
	15		15
Third Year			
Fall	CR	Spring	CR
HES Foundation		3 FINANC 2000 or 3000	3
Humanities		3 NEP 2450	3
MRKTNG 3000		3 NEP 4200	3
NEP 3550		3 NEP 3xxx being developed	3
STAT 1200		3 PRST 2281	3
	15		15
Fourth Year			
Fall	CR	Spring	CR
NEP 3820		3 NEP 4xxx Capston being developed	5
NEP 4xxx being developed		3 Business 3000+ Course	3
ESC_PS 4200		3 NEP 3xxx being developed	3
MANGMT 3000		3 Electives	4
Electives	4		
	16		15

Total Credits: 120