BS in Nutrition and Exercise Physiology

Degree Program Description

The BS in Nutrition and Exercise Physiology offers three different paths, each with a different focus. All three areas use a science based approach; integrating human physiology, chemistry, biology, biochemistry, and social/psychological sciences to study the influences of nutrition and physical activity on human health and disease. All students within these areas are exposed to significant opportunities for undergraduate research, student organizations, study abroad, hands on internships and field work as well as interaction with nationally recognized faculty in their chosen fields. Students majoring in our emphasis areas will be well prepared for health-related careers in numerous fields such as: Registered Dietitian Nutritionist (RDN), medicine, dentistry, pharmacy, physician’s assistant, physical therapy, occupational therapy, or for employment in fitness assessment, lifestyle intervention, cardiac rehab, education, health and wellness, exercise supervision and program administration and several different certifications. They are also prepared for graduate study in biomedical/translational sciences, exercise physiology and numerous other fields.

Major Program Requirements

The BS in Nutrition and Exercise Physiology is offered with three emphasis options: Human Physiology and Translational Sciences (http://catalog.missouri.edu/undergraduategraduate/collegeofhumanenvironmentalsciences/nutritionandexercisephysiology/bs-nutrition-exercise-physiology-emphasis-human-physiology-translational-sciences/), Nutrition and Foods (http://catalog.missouri.edu/undergraduategraduate/collegeofhumanenvironmentalsciences/nutritionandexercisephysiology/bs-nutrition-exercise-physiology-emphasis-nutrition-foods/), and Physical Activity, Nutrition and Human Performance (http://catalog.missouri.edu/undergraduategraduate/collegeofhumanenvironmentalsciences/nutritionandexercisephysiology/bs-nutrition-exercise-physiology-emphasis-physical-act-nutrition-human-perform/). All degree requirements are listed at the emphasis level. A student must choose an emphasis area for this degree.

Semester Plan