

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

## Degree Program Description

The BS in Nutrition and Exercise Physiology with an emphasis in Nutrition and Foods prepares students to integrate and apply the principles of biomedical, food, and nutrition sciences to design and manage effective nutrition programs in a variety of settings. Choosing this emphasis area is the first step to acceptance into the Coordinated Program in Dietetics (CP), which is an accelerated program resulting in both a bachelor's and master's degree.

During the first three years of the curriculum, students develop a foundation in science and general education. Students must apply and be admitted to the CP to complete the final two-year course of study devoted to professional courses, supervised practice, and graduate work. Upon completion of the CP, program graduates will receive:

- A Bachelor of Science in Nutrition and Exercise Physiology (emphasis in 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

The completion of only the bachelor's degree does not allow the student to be eligible to take the RD Exam. Furthermore, it is not a didactic program in dietetics. No verification statement is given after completion of only the bachelor's degree.

## Major Program Requirements

Within the emphasis of Nutrition and Foods, students can choose between two tracks: Dietetics or Food Science.

The Dietetics track is an ACEND-accredited (<https://www.eatrightpro.org/acend/>) accelerated professional program. Students who choose this track will transition seamlessly into the CP's graduate year, assuming all application, compliance, and program requirements are obtained and maintained.

The Food Science track is for students who are pursuing a career in nutrition, but not as an RDN. Enrollment in this track prepares graduates for positions in the food industry, community nutrition, food policy, or further education.

Students earning a Bachelor of Science in Nutrition and Exercise Physiology are required to complete all University graduation 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 eligible to transfer into Nutrition and Foods with a 2.0 cumulative GPA but must have a 3.0 or higher to apply to the Accelerated Master's Coordinated Program in Dietetics. You are directly admissible

as a first-time college (freshman) or transfer student when you meet the University admissions requirements.

### Pre-Professional Requirements for both tracks (some may meet General Education requirements)

AGSC_COM 2220 or COMMUN 1200	Verbal Communication in Agriculture, Food and Natural Resources Public Speaking	3
BIO_SC 1010 & BIO_SC 1020 or BIO_SC 1500	General Principles and Concepts of Biology and General Biology Laboratory Introduction to Biological Systems with Laboratory	5
BIOCHM 3630 or BIOCHM 4270	General Biochemistry Biochemistry	3
CHEM 1400 & CHEM 1401	College Chemistry I and College Chemistry I Laboratory	4
CHEM 2030 or CHEM 2100 & CHEM 2110	Survey of Organic Chemistry Organic Chemistry I and Organic Chemistry II	3
CHEM 2130	Organic Laboratory I	2
CDS 2190	Medical Terminology	3
ENGLSH 1000	Writing and Rhetoric	3
ESC_PS 4170 or ABM 2225	Introduction to Applied Statistics Statistical Analysis	3
FINPLN 2183	Personal and Family Finance	3
F_S 1030	Food Science and Nutrition	3
F_S 2172 or F_S 2172H	Elements of Food Microbiology Elements of Food Microbiology - Honors	3
F_S 3210	Kitchen Chemistry	3
F_S 4310	Food Chemistry and Analysis	3
HSP_MGMT 3300	Food Production Management	3
MANGMT 3000W or MANGMT 3000	Principles of Management - Writing Intensive Principles of Management	3
MATH 1100	College Algebra	3
MPP 3202	Elements of Physiology	5
NEP 1034/1034H	Introduction to Human Nutrition	3
NEP 1475	Career Exploration in Dietetics	1
NEP 2340	Human Nutrition I	3
NEP 2450	Nutrition Throughout the Life Span	3
NEP 3290	Food Service I: Field Work/Supervised Practice Experience	1
NEP 3360	Nutritional Assessment Lab	3
NEP 3390	Teaching and Counseling Techniques in Nutrition	2
NEP 3400	Teaching and Counseling Techniques in Nutrition Supervised Practice Experience	1
NEP 4360	Nutritional Assessment	3
NEP 4340	Human Nutrition II Lecture	3
PHIL 1150 or PHIL 2440	Introductory Bioethics Medical Ethics	3
PSYCH 1000	General Psychology	3
HIST 1400 or POL_SC 1100 or HIST 1100 or HIST 1200	American History American Government Survey of American History to 1865 Survey of American History Since 1865	3

### Areas of Competence

<b>Dietetics Track</b>		
MPP 4204	Medical Pharmacology	4
NEP 3370	Medical Nutrition Therapy I: Supervised Practice Experience	3
NEP 3590	Community Nutrition Field Work/ Supervised Practice Experience	1
NEP 4290	Food Service II: Advanced Food Service Management Supervised Practice Experience	2
NEP 4385	Professional Development I	1
NEP 4590	Community Nutrition	3
NEP 4950	Capstone: Research in Nutritional Sciences	2
NEP 4951W	Nutrition Research Communication - Writing Intensive	3
NEP 7370/4370	Medical Nutrition Therapy I	3
P_HLTH 8300	Health Care in the United States	3
PSYCH 3830	Health Psychology (or any 3000- or 4000- level Psychology course)	3
<b>Food Science Track</b>		
F_S 4970W	Food Product Development - Writing Intensive	3
NEP 4385	Professional Development I	1
NEP 4590	Community Nutrition	3
NEP 4370 or NEP 7370	Medical Nutrition Therapy I	3
PSYCH 3110	Theories of Learning (or any 3000 or 4000-level Psychology course with approval)	3
P_HLTH 3700	Health Care in the United States	3
<b>Supporting Electives for both tracks</b>		
Select 1 course from the list below.		
AFNR 2191	International Agriculture, Food and Natural Resources - Humanities (by approval)	1-6
ABM 4215	Community Food Systems	3
F_S 4370	Food Microbiology	3
F_S 4050 or F_S 4050H	Zero Hunger Challenge	3
F_S 4311	Investigation of Food Properties	3
F_S 4315 or F_S 4315W	Food Chemistry and Analysis Laboratory	3
F_S 4980	Food Quality Assurance	3
H_D_FS 2400 or H_D_FS 2400W	Principles of Human Development	3
MRKTNG 3000	Principles of Marketing	3
NEP 1310 or NEP 1310W	Food and Cultures of the World	3
NEP 2460	Eating Disorders	3
NEP 4970	PANHP Capstone: Sports Nutrition	3
SOCIOL 3440	Sociology of Health	3
<b>Additional Electives for Food Science Track</b>		
F_S 4199	Food Industry Senior Seminar	1
F_S 4380	Sensory Analysis of Food and Beverages	3
F_S 4941	Internship in Food Science	1-6

F_S 4970W	Food Product Development - Writing Intensive	3
MPP 4204	Medical Pharmacology	4
NEP 3590	Community Nutrition Field Work/ Supervised Practice Experience	1
NEP 4290	Food Service II: Advanced Food Service Management Supervised Practice Experience	2

<sup>1</sup> Dual enrollment: counts toward graduate level

## Accelerated BS to MS in Dietetics

The University of Missouri's program prepares graduates to become registered dietitian nutritionists (RDN).

Completion of the Coordinated Program in Dietetics at the University of Missouri results in both bachelor's and master's (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/dietetics/>) degrees over a 5-year period:

- Three years of prerequisites. This is considered the pre-dietetics sequence.
- Two years in the Coordinated Program in Dietetics.

Coursework includes traditional and distance education at the University of Missouri, Columbia campus. Supervised practice experiences can be completed in Columbia or the surrounding areas. All didactic and supervised practice experiences meet the requirements set by ACEND. Successful completion of the program meets the exam requirements set by the Commission on Dietetic Registration (CDR). For more information on becoming a registered dietitian nutritionist, visit the Academy of Nutrition and Dietetics website (<https://www.eatrightpro.org/about-us/>).

The two years of the CP is a continuous program, meaning that students who maintain academic and professional requirements will transition seamlessly to the graduate curriculum. No GRE is required. The graduate curriculum is non-thesis.

This program is not a stand-alone master's program. It is not designed for individuals who already have their RDN. Students in this program complete two years in the CP, regardless of whether they have a previous bachelor's or master's degree.

Total credits required for graduation: 152

Total undergraduate credits: 122

Total graduate credits:30

Accreditation Council for Education in Nutrition and Dietetics

Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2190

Chicago, IL 60606-6995

Phone: 800-877-1600

Email: [ACEND@eatright.org](mailto:ACEND@eatright.org)

Website: <https://www.eatrightpro.org/acend> (<https://www.eatrightpro.org/acend/>)

### Fifth Year Courses (Master's year)

AN_SCI 8420	Endocrinology	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

Two comprehensive exams will be administered during year five.

### Admission Requirements:

Admission to the Accelerated Master's Coordinated Program in Dietetics is selective and requires an application. Detailed information on this can be found in the handbook on the program website (<https://cafnr.missouri.edu/academics/degrees-programs/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: Course requirements may change as course offerings change and the program is required to meet accreditation standards.

First Year			
Fall	CR	Spring	CR
BIO_SC 1500 or 1010 <b>and</b> 1020	5	CHEM 1400	3
F_S 1030	3	CHEM 1401	1
MATH 1100	3	ENGLSH 1000	3
NEP 1034 or 1034H	3	PSYCH 1000	3
NEP 1475	1	Humanities (PHIL 1150 or PHIL 2440 recommended) HIST or POL_SC course	3
<b>15</b>		<b>16</b>	

Second Year					
Fall	CR	Spring	CR	Summer	CR
CHEM 2030	3	BIOCHM 3630	3	Humanities/Study Abroad	3
CHEM 2130	2	CDS 2190	3		
COMMUN 1200 or AGSC_COM 2220	3	F_S 3210	3		
MPP 3202	5	NEP 2340	3		
FINPLN 2183	3	NEP 2450	3		
<b>16</b>		<b>15</b>		<b>3</b>	

Third Year			
Fall	CR	Spring	CR
F_S 4310	3	ESC_PS 4170 or ABM 2225	3
NEP 3360	3	F_S 2172	3
NEP 4340	3	MANGMT 3000W	3
NEP 4360	3	NEP 3290	1
Supporting Elective	3	NEP 3390	2
		NEP 3400	1
		NEP 4280	3
<b>15</b>		<b>16</b>	

Fourth Year			
Fall	CR	Spring	CR
MPP 4204	4	NEP 3370	3
NEP 3590	1	NEP 4951W	3
NEP 4590	3	NEP 7370	3

NEP 4290	2 Psychology 3000-level or higher (with approval)	3
NEP 4385	1 P_HLTH 8300	3
NEP 4950	2	
<b>13</b>		<b>15</b>

Fifth Year			
Fall	CR	Spring	CR
AN_SCI 8420	3	NEP 8380	3
NEP 7380	3	NEP 8975	10
NEP 7381	5		
<b>11</b>		<b>13</b>	

**Total Credits: 148**