BS in Nutrition and Exercise Physiology with Emphasis in Physical Activity, Nutrition and Human Performance

Degree Program Description
This program is for students with a passion for health and wellness, evidence-based science, helping other people, and learning how and why physical activity and nutrition impact human performance. Students earning this degree are well-prepared for employment opportunities that include fitness assessment, lifestyle intervention education, health and wellness, exercise supervision and program administration in schools, businesses and hospitals, health education, and promotion and entry-level positions in cardiac and pulmonary or spine rehab. This is a rapidly expanding area with opportunities in corporate and commercial industries, government, and non-profit sectors.

In addition to the job opportunities listed above, past graduates of this area have continued their studies in a variety of areas such as graduate school for Exercise Science/Physiology, Kinesiology, Athletic Training, Physical Therapy, Occupational Therapy, Physician's Assistant, Chiropractic, Nursing, Public Health.

Graduates of this program are qualified to sit for the following certifications without any additional courses or education beyond our core requirements: ACSM Certified Exercise Physiologist (ACSM EP-C), ACSM Certified Personal Trainer (ACSM CPT), ACSM Certified Group Exercise Instructor (ACSM GEI), NSCA Certified Personal Trainer, NSCA Certified Strength & Conditioning Coach, ACE Certified Personal Trainer.

Major Program Requirements
Nutrition and Exercise Physiology with emphasis in Physical Activity, Nutrition, and Human Performance does not require an application or have a pre-program status. Students may declare the major and emphasis area by indicating it when they apply to MU and transition directly into the program. After the first semester at MU, students must have a minimum of a 2.0 GPA (term and CUM) to declare the program. Current MU students will need to complete a transfer of division form.

A current student in another program within the college should notify their advisor of their wishes. There are specific grade requirements for most courses within the emphasis, these are outlined on the degree requirement sheet and noted on the degree audit.

Grade Requirements:
C or higher: BIO_SC 1010/BIO_SC 1020 or BIO_SC 1500, MPP 3202 or BIO_SC 3700, PTH_AS 2201 (or the equivalent). All NEP courses (unless noted below).
C- or higher:MATH 1100 and CHEM 1320

Students must complete all university requirements (http://catalog.missouri.edu/academicdegreerequirements/universityrequirements/), including general education (http://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/), in addition to the degree requirements below.

Science Foundation
BIO_SC 1010 General Principles and Concepts of Biology & BIO_SC 1020 and General Biology Laboratory
or BIO_SC 1500 Introduction to Biological Systems with Laboratory
BIOCHM 3630 General Biochemistry
or BIOCHM 4270 Biochemistry
CHEM 1320 College Chemistry I
CHEM 2030 Survey of Organic Chemistry or CHEM 2100 Organic Chemistry I
CHEM 2130 Organic Laboratory I (recommended)
MPP 3202 Elements of Physiology
or BIO_SC 3700 Animal Physiology
PTH_AS 2201 Human Anatomy Lecture
PTH_AS 2203 Human Anatomy Laboratory (recommended)

Math and Statistics
MATH 1100 College Algebra (C- or better required) or MATH 1160 Precalculus Mathematics
STAT 1200 Introductory Statistical Reasoning or STAT 4170 Introduction to Applied Statistics

Communication
COMMUN 1200 Public Speaking
or AGSC_COM 2220 Verbal Communication in Agriculture, Food and Natural Resources

Emphasis Core Requirements
Nutritional Sciences
NEP 2340 Human Nutrition I
NEP 2380 Diet Therapy for Health Professionals
NEP 2450 Nutrition Throughout the Life Span
NEP 4970 PANHP Capstone: Sports Nutrition

Exercise Physiology
HTH_PR 4250 Human Kinesiology
NEP 1330 Introduction to Exercise and Fitness Laboratory
NEP 1340 Introduction to Exercise and Fitness
NEP 1485 Career Exploration in Exercise Science
NEP 2140 Exercise Practicum I
NEP 3450 Activity Throughout the Lifespan
NEP 3550 Corporate, Community, and Personal Fitness
NEP 3850 Physiology of Exercise
NEP 4200 Sports Performance and Conditioning
NEP 4860 Exercise Prescription

Supporting Electives
15 credit hours. A minimum of 9 hours must be taken from the NEP area in the list below.

NEP:
NEP 2460 Eating Disorders
NEP 3001 Topics in Nutritional Science or NEP 4001 Topics in Nutrition and Exercise Physiology
NEP 3131 International Nutrition and Exercise Physiology (study Abroad; may double dip n Humanities)

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NEP 3390 Teaching and Counseling Techniques in Nutrition 2
NEP 3420 Role of Inactivity in Chronic Diseases 3
NEP 4330 Human Nutrition II Laboratory 2
NEP 4340 Human Nutrition II Lecture 3
NEP 4360 Nutritional Assessment 3
NEP 4370 Medical Nutrition Therapy I 3
NEP 4480 Pediatric Exercise Physiology 3
NEP 4550 Exercise is Medicine 2
NEP 4590 Community Nutrition 3
NEP 4750 Cardiopulmonary Rehabilitation - A Multifactorial Process 3
NEP 4870 Exercise for Special Populations 3
NEP 4940 Internship in Nutritional Science and Exercise Physiology 1-6

Other Areas:
BIO_SC 2200 General Genetics 4
CDS 2190 Medical Terminology 3
ESC_PS 4200 Positive Psychology 3
H_D_FS 2400 Principles of Human Development (or HDFS 2400W) 3
H_D_FS 3430 Adolescence and Young Adulthood 3
H_D_FS 3440 Adulthood and Aging 3
MICROB 3200 Medical Microbiology and Immunology 4
PHYSICS 1210 or PHYSICS 1220 College Physics I 4
PHYSICS 1230 or PHYSICS 1240 College Physics II 4
PRST 4150 Contemporary Issues in Sport 3
PSYCH 2210 Mind, Brain, and Behavior 3
PSYCH 3830 Health Psychology 3
SOCIOL 3310 Social Psychology 3
SOCIOL 3430 The Sociology of Sport 3

Electives to equal 120 credit minimum
Organic chem lab, anatomy lab and internships are available and highly recommended.

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.

First Year

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Total Credits: 123