

BS in Nutrition and Exercise Physiology

Degree Program Description

The BS in Nutrition and Exercise Physiology (NEP) offers three distinct emphasis areas. All three areas use a science-based approach, integrating human physiology, chemistry, biology, biochemistry, and social/psychological sciences to study the lifestyle influences of nutrition and physical activity on human health and disease. All NEP students have significant opportunities for undergraduate research, participation and leadership in student organizations, study abroad, 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 professional programs such as: Registered Dietitian Nutritionist (RDN), medicine, dentistry, pharmacy, physician's assistant, physical therapy, occupational therapy, or for employment in corporate wellness, fitness assessment, lifestyle intervention, cardiac rehab, telehealth, exercise supervision and program administration. Graduates are also prepared to complete advanced certifications offered through professional exercise science organizations and 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 (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/nutritionexercisephysiology/bs-nutrition-exercise-physiology-emphasis-human-physiology-translational-sciences/>), Nutrition and Foods (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/nutritionexercisephysiology/bs-nutrition-exercise-physiology-emphasis-nutrition-foods/>), and Physical Activity, Nutrition and Human Performance (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/nutritionexercisephysiology/bs-nutrition-exercise-physiology-emphasis-physical-activity-nutrition-human-performance/>). All degree requirements are listed at the emphasis level. A student must choose an emphasis area for this degree.

Students earning a Bachelor of Science in Nutrition and Exercise Physiology are required to complete all University general education (<https://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/>), University graduation (<https://catalog.missouri.edu/academicdegreerequirements/universityrequirements/>) 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 admissible to transfer into Nutrition and Exercise Physiology with a cumulative GPA specific to each emphasis area. You are directly admissible as a freshman when you meet the University admissions requirements.

Semester Plan

The BS in Nutrition and Exercise Physiology is offered with three emphasis options: Human Physiology and Translational Sciences (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/nutritionexercisephysiology/bs-nutrition-exercise-physiology-emphasis-human-physiology-translational-sciences/>), Nutrition and Foods (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/nutritionexercisephysiology/bs-nutrition-exercise-physiology-emphasis-nutrition-foods/>), and Physical Activity, Nutrition and Human Performance (<https://catalog.missouri.edu/collegeofagriculturefoodandnaturalresources/nutritionexercisephysiology/bs-nutrition-exercise-physiology-emphasis-physical-activity-nutrition-human-performance/>). Please refer to the emphasis area for semester plans. A student must choose an emphasis area for this degree.