BS in Nutrition and Exercise Physiology

Degree Program Description

The BS in Nutrition and Exercise Physiology offers three different emphasis areas, 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


Students earning a Bachelor of Science in Nutrition and Exercise Physiology are required to complete all University general education (http://catalog.missouri.edu/academicdegerequirements/graduatedegerequirements/), University graduation (http://catalog.missouri.edu/academicdegerequirements/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