Mizzou
University of Missouri

BS in Fitness Programming and Management with Emphasis in Strength and Conditioning

Degree Program Description

The Bachelor of Science in Fitness Programming and Management emphasis area in Strength and Conditioning provides students with the knowledge, skills, and abilities to be evidence-based practitioners of athletic performance. Students learn how to enhance sports performance outcomes, administer and interpret test results, and design safe and effective training programs based on athlete specific needs. This program prepares students for a career in private, collegiate, or tactical strength and conditioning.

Graduating students will be:

- Skilled in athlete development based on sport- or job-specific needs
- Proficient in sport-specific testing, program design, and implementation
- Knowledgeable in injury prevention and rehabilitation
- Connected with a network of strength and conditioning coaches
- Prepared to sit for the NSCA Certified Strength and Conditioning Specials exam (CSCS)

Major Program Requirements

Students earning a Bachelor of Science in Fitness and Program Management must meet degree and University requirements (https://catalog.missouri.edu/academicdegreerequirements/universityrequirements/), including University general education (https://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/) requirements.

In addition to completing major program requirements (https://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/bs-fitness-programming-management/), students earning the Strength & Conditioning emphasis must complete the following emphasis requirements. A grade of C- or higher is required in the courses below.

FPM 4500	FPM Capstone: Strength and Conditioning	3
FPM 4560	Strength and Conditioning Internship	3-6

Semester Plan

First Year

Fall	CR	Spring	CR
NEP 1340	3	ENGLSH 1000	3
STAT 1200	3	HIST 1100, POL_SC 1100, or HIST 1200	3
College of Health Sciences Elective	3	NEP 1034	3
Humanities	3	Elective	3
Elective	3	Elective	3
	15		15

Second Year

Fall	CR	Spring	CR
PTH_AS 2201	3	FPM 2130	3
COMMUN 1200 or AGSC_COM 2220	3	FPM 2131	1
PSYCH 1000	3	College of Health Sciences Elective	3
College of Health Sciences Elective	3	Writing Intensive Elective	3
Elective	3	2000+ level Humanities	3
		Physical Science with Lab	3
	15		16

Third Year

Fall	CR	Spring	CR
FPM 3130	3	FPM 3250	3
FPM 3131	1	MPP 3500	3
Supporting Elective from approved list	3	Supporting Elective from approved list	3
College of Health Sciences Elective	3	Elective	3
Elective	3	Elective	3
Elective	3		
	16		15

Fourth Year

Fall	CR	Spring	CR
FPM 4440W	3	FPM 4500	3
Elective	3	FPM 4560	6
Elective	3	Elective	3
Elective	3	Elective	1
Elective	3		
	15		13

Total Credits: 120

Degree Audit

The degree audit is an automated report reflecting a student's academic progress toward the completion of a degree.

MU students can request a degree audit by logging in to myDegreePlanner (https://mydegreeplanner.missouri.edu). Students may also access myDegreePlanner via myZou, in the Student Center, click on the Academic Progress Tile, then select Request Degree Audit. The audit automatically pulls in the student's MU course work, transfer courses and courses in progress. This is available to current students, admitted students, and those who last attended less than three terms ago.

Past MU students can request a degree audit by contacting the Academic Advising Unit of the division in which they were last enrolled at MU. For contact information, go to https://advising.missouri.edu/contact/.

Prospective students, can access a preliminary MU degree audit via https://www.transferology.com (https://www.transferology.com/). Information on the college credits already earned will have to be manually entered before it can be evaluated against current degree requirements.

For additional details on degree audits, go to https://registrar.missouri.edu/degrees-audits/degree-audits/.

Major and Career Exploration

The University of Missouri has many resources to assist you in exploring majors and career possibilities. For guidance, visit the Majors and Careers (https://career.missouri.edu/majors-careers/) website or view specific resources below.

- If you are considering a change of major or are exploring multiple majors, schedule an appointment with an advisor in the Discovery Center (https://discoverycenter.missouri.edu/) by calling (573)884-9700 or through MU Connect (https://mizzou.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=service/3761489) Discovery Center service in you success network.

- If you have decided on a major, visit an academic advisor in the School or College that you are interested in to discuss the process of declaring the major (https://advising.missouri.edu/majors-minors/changing-major/).

- If you would like to learn more about your career interests, abilities, values and talents, visit the MU Career Center (https://career.missouri.edu/connect/). No Appointment is necessary to explore career options with one of our staff members.

- If you would like information about MU majors and degree programs, visit:
    - the Degrees, Majors (Degree Programs), Emphasis Areas, Minors and Certificates (https://catalog.missouri.edu/degreesanddegreeprograms/) page in the catalog,
    - the MU Majors (https://majors.missouri.edu) website.

For additional major and career exploration resources, visit Major & Career Exploration (https://catalog.missouri.edu/majorcareerexploration/) in the catalog.