

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

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Degree Program Description

The Bachelor of Science in Fitness Programming and Management prepares students to work with individuals to improve athletic performance and optimize health across the lifespan. Students acquire the knowledge and skills in exercise technique analysis, individual and team exercise programming, and performance indicators beyond physical health. Fitness Programming and Management will prepare students for a career in strength and conditioning, personal training, and corporate wellness.

Graduating students will be:

- Competent in exercise training for high school, collegiate and professional athletics, tactical personnel, and special populations.
- Qualified in designing and implementing effective exercise training programs to enhance sports specific performance.
- Skilled in exercise assessment, administration, and evaluation of exercise testing.
- Connected with a network of strength and conditioning coaches and other fitness professionals.
- Prepared to take national certifications from the National Strength and Conditioning Association (NSCA) for Strength and Conditioning Specialist (CSCS), Tactical Strength and Conditioning (TSAC-F), Certified Personal Trainer (NSCA-CPT).

Major Program Requirements

The Students earning a Bachelor of Science in Fitness and Program Management are required to complete all University general education (<http://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/>), University graduation (<http://catalog.missouri.edu/academicdegreerequirements/universityrequirements/>) and degree requirements, including selected foundational courses, which may fulfill some University general education requirements.

In addition to completing major program requirements (<http://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/bs-fitness-programming-management/>), students must completed the following additional emphasis requirements:

Must earn a C- or Higher in these courses

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| FPM 4500 | FPM Capstone: Strength and Conditioning | 3 |
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| FPM 4650 | FPM Internship in Strength and Conditioning (Internship requires 300 Hours under the supervision of NSCA Certified Strength & Conditioning Specialist) | 1-6 |
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* Students earning the "Emphasis Area - Strength and Conditioning" must also earn a C- or higher in FPM 4500 FPM Capstone: Strength and Conditioning.

Semester Plan

| First Year | | | |
|--|----|--|-----------|
| Fall | CR | Spring | CR |
| NEP 1340 | | 3 ENGLISH 1000 | 3 |
| HLTH_SCI 1000 | | 3 HIST 1100, POL_SC 1100, or HIST 1200 | 3 |
| STAT 1200 | | 3 NEP 1034 | 3 |
| Humanities | | 3 Elective | 3 |
| Elective | | 3 Elective | 3 |
| | | | 15 |
| Second Year | | | |
| Fall | CR | Spring | CR |
| PTH_AS 2201 | | 3 MPP 3500 | 3 |
| COMMUN 1200 or AGSC_COM 2220 | | 3 Writing Intensive Elective | 3 |
| HLTH_SCI 2400 | | 3 HLTH_SCI 2850 | 3 |
| PSYCH 1000 | | 3 Humanities | 3 |
| Elective | | 3 Physical Science with Lab | 3 |
| | | | 15 |
| Third Year | | | |
| Fall | CR | Spring | CR |
| FPM 2130 | | 3 FPM 3130 | 3 |
| Supporting Elective from approved list | | 3 FPM 3250 | 3 |
| HLTH_SCI 3700 | | 3 Supporting Elective from approved list | 3 |
| Elective | | 3 Elective | 3 |
| Elective | | 3 Elective | 3 |
| | | | 15 |
| Fourth Year | | | |
| Fall | CR | Spring | CR |
| FPM 4440 (writing intensive course) | | 3 FPM 4550 | 3 |
| Elective | | 3 Elective | 3 |
| Elective | | 3 Elective | 3 |
| Elective | | 3 Elective | 3 |
| Elective | | 3 Elective | 3 |
| | | | 15 |

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 (<http://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 (<http://catalog.missouri.edu/majorcareerexploration/>) in the catalog.