

# BS in Fitness Programming and Management

## Degree Program Description

The Bachelor of Science in Fitness Programming and Management (FPM) provides students with the knowledge and skills to assist individuals across the lifespan in adopting physical activity, improving exercise performance, and incorporating other healthy behaviors to optimize health and wellness. This program prepares students to work in corporate fitness-oriented organizations, oversee strength and conditioning for athletic teams, or grow a personal training, health and fitness based business.

Graduating students will be:

- Skilled in designing, implementing, administering, and evaluating effective exercise and health programs in private, worksite, community, tactical, and sport organizations.
- Experts in evidence-based practices to assist multiple populations in improving health- (cardiovascular, muscular, and flexibility) and skill-related (strength, speed, power, and balance) components.
- Connected with a network of field professionals
- Prepared to pursue national certifications provided by professional organizations (NSCA, ACSM) in fields of study related to personal training, group fitness, strength and conditioning, and sports medicine.

## Major Program Requirements

This program requires a minimum of 120 total credit hours to complete. Student are prepared and encouraged, (but not required), to take national certification exams from the National Strength and Conditioning Association (NSCA).

Students earning a Bachelor of Science in Fitness and Program Management 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.

Students earning a Bachelor of Science in Fitness and Program Management must earn a C- (or higher) in FPM 2130, FPM 3130, FPM 3250, FPM 4440W, and FPM 4550.

Students are admissible to transfer into this program with a 2.0 cumulative GPA and are directly admissible as a freshman when you meet the University admissions requirements.

### Program Requirements

COMMUN 1200 or AGSC_COM 2220	Public Speaking Verbal Communication in Agriculture, Food and Natural Resources	
PTH_AS 2201	Human Anatomy Lecture	3
STAT 1200	Introductory Statistical Reasoning	3
<b>Major Core Requirements</b>		
FPM 2130	Exercise Techniques <sup>^</sup>	3

FPM 3130	Exercise Techniques II <sup>^</sup>	3
FPM 3250 or PH_THR 4250	Foundations of Movement in Exercise <sup>^</sup> Human Kinesiology	3
FPM 4440W	Fitness Programming - Writing Intensive (Capstone for non-emphasis) <sup>^</sup>	3
FPM 4550	Internship in Fitness Programming Management <sup>^</sup>	1, 3 or 6
MPP 3500	Sports Performance Physiology	3
NEP 1034	Introduction to Human Nutrition	3
NEP 1340	Introduction to Exercise and Fitness	3
<b>Supporting Electives (6 Hours)</b>		
BIO_SC 2150	Genetic Diseases	3
ESC_PS 4115	Human Learning	3
ESC_PS 4200	Positive Psychology	3
NEP 1111	Personal Health and Wellness	3
NEP 1310	Food and Cultures of the World	3
NEP 1485	Career Exploration in Exercise Science	1
NEP 2010	Everyday Nutrition: Principles of Fresh, Healthy, and Sustainable Cooking	3
NEP 2380	Diet Therapy for Health Professionals	3
NEP 2450	Nutrition Throughout the Life Span	3
NEP 2460	Eating Disorders	3
NEP 3420	Role of Inactivity in Chronic Diseases	3
NEP 3450	Activity Throughout the Lifespan	3
NEP 3550	Corporate, Community, and Personal Fitness	3
PRST 2281	Business of Sport and Recreation	3
PRST 4100	Ethics and Diversity	3
SOCIOL 3430	The Sociology of Sport	3

### Supporting College of Health Sciences Coursework (12 Hours)

Any coursework offered by a department within the College of Health Sciences may count toward this requirement.

<sup>^</sup> Courses must be completed with a grade of C- or higher to count toward the BS in FPM degree.

## Semester Plan

First Year			
Fall	CR	Spring	CR
NEP 1340		3 ENGLISH 1000	3
STAT 1200		3 HIST 1100, POL_SC 1100, or HIST 1200	3
College of Health Science Elective		3 NEP 1034	3
Humanities		3 Elective	3
Elective		3 Elective	3
			<b>15</b>
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 Science Elective	3
College of Health Science Elective		3 Physical Science with lab	3

Elective		3 2000+ level Humanities	3
		Elective	1
		<b>15</b>	<b>14</b>
<b>Third Year</b>			
<b>Fall</b>	<b>CR</b>	<b>Spring</b>	<b>CR</b>
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 Science Elective		3 Elective	3
Writing Intensive Elective		3 Elective	3
Elective		3	
		<b>16</b>	<b>15</b>
<b>Fourth Year</b>			
<b>Fall</b>	<b>CR</b>	<b>Spring</b>	<b>CR</b>
FPM 4440W		3 FPM 4550	3
Elective		3 Elective	3
Elective		3 Elective	3
Elective		3 Elective	3
Elective		3 Elective	3
		<b>15</b>	<b>15</b>

**Total Credits: 120**