

BS in Fitness Programming and Management

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

This program is designed as a 100% online degree program leading to a BS in Fitness Programming and Management and 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 (<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.

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 4440, 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

Major Core Requirements

FPM 2130	Exercise Techniques [^]	3
FPM 3130	Exercise Techniques II [^]	3
FPM 3250	Foundations of Movement in Exercise [^]	3
FPM 4440	Fitness Programming [^]	3
FPM 4550	Internship in Fitness Programming Management [^]	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
Supporting Electives (6 Hours)		
BIO_SC 2150	Genetic Diseases	3
ESC_PS 4115	Human Learning	3
ESC_PS 4200 or ESC_PS 4200H	Positive Psychology Positive Psychology - Honors	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.

[^] 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
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	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	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	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	15

Total Credits: 120