

# Fitness Programming and Management

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**Fitness Programming Management Director:** Steve Ball  
218 Gentry Hall; Phone: (573) 882-2334  
ballsd@missouri.edu

## Faculty

**Professor S. Ball\*\***

**Assistant Professor** R. Carpenter, J. Linn, K. Miller, K. Weitzel

\* Graduate Faculty Member - membership is required to teach graduate-level courses, chair master's thesis committees, and serve on doctoral examination and dissertation committees.

\*\* Doctoral Faculty Member - membership is required to chair doctoral examination or dissertation committees. Graduate faculty membership is a prerequisite for Doctoral faculty membership.

## Undergraduate

- BS in Fitness Programming and Management (<https://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/bs-fitness-programming-management/>)
  - with emphasis in Strength and Conditioning (<https://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/bs-fitness-programming-management-emphasis-strength-conditioning/>)
- Certificate in Fitness Programming and Management (<https://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/cert-fitness-programming-management/>)

This program is designed for students who are interested in Strength and Conditioning, Personal Training, and Corporate Wellness. It is a good option for both traditional and non traditional students, including those in the military. The program may be completed on-campus or 100% online.

The program is housed within the College of Health Sciences, Department of Physical Therapy at the University of Missouri. The school's mission is to improve the health and well-being of individuals and communities through excellence in teaching and learning, scholarship and discovery, health care, and service.

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 experts 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; and skilled in exercise assessment, administration and evaluation of exercise testing. Fitness Programming and Management students will become connected

with a network of strength and conditioning coaches and other fitness professions and be prepared to take national certifications from the National Strength and Conditioning Association.

## Graduate

While MU does not offer graduate degrees specifically in Fitness Programming and Management, the University does offer post-baccalaureate opportunities in a number of related areas. The catalog provides a complete list of these degree options.

### FPM 2130: Exercise Techniques

This course provides an overview of basic exercise techniques for successful exercise programming. Students will gain a deeper understanding of how to train the body to move more efficiently and how to teach movement and exercises to variety of clients. This course will help prepare students to take a national certification from the American College of Sports Medicine as a Certified Personal Trainer (ACSM-CPT) or Group Exercise Instructor (ACSM-GEI). It is a required course for students majoring in Fitness Programming Management but is open to non-majors. Graded on A-F basis only.

**Credit Hours:** 3

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### FPM 2131: Exercise Techniques 1 Lab

Designed to provide skills and techniques for successful implementation of exercise programming, specifically targeting athletic performance. The course emphasizes techniques and communication skills to guide/coach clients through safe and effective resistance training, recognize improper techniques, and understand the primary musculature involved in each movement. This lab complements the material presented in FPM 2130 and helps prepare students for future FPM courses and for obtaining professional certifications like the NSCA CSCS. Graded on A-F basis only.

**Credit Hour:** 1

**Prerequisites or Corequisites:** FPM 2130

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### FPM 2140: Exercise Practicum I

(same as NEP 2140). This course provides an overview of the necessary skills and techniques for successful implementation of exercise programming. This course will help prepare the student for completion of the PANHP degree and prepare for completion of the ACSM EP-C certification.

**Credit Hours:** 3

**Prerequisites:** NEP 1340 and NEP 1485

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### FPM 3130: Exercise Techniques II

This course introduces students to the proper technique for advanced resistance training exercises. Areas of focus include Olympic lifting, total body explosive exercises, plyometric training, and exercises using alternative modes and nontraditional implements. In addition, basic speed and agility training is introduced. Emphasis is placed on providing students with guidelines and strategies to teach safe and effective advanced exercises, to recognize and correct improper technique,

and to know the primary musculature involved in each exercise. While not required for credit completion, this course serves to help prepare students for the practical application portion of the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) exam. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** FPM 2130

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#### **FPM 3131: Exercise Techniques II Lab**

Designed to provide students with hands-on experience in advanced resistance training techniques. This lab complements the material presented in FPM 3130 and focuses on practical application through advanced exercise techniques such as Olympic lifts, plyometric training, speed and agility drills, and exercises using nontraditional implements. The course emphasizes mastering safe and effective instruction techniques, error correction, and understanding the primary musculature involved in each movement. This lab helps prepare students for future courses and professional certifications, including the Certified Strength and Conditioning Specialist (CSCS). Graded on A-F basis only.

**Credit Hour:** 1

**Prerequisites or Corequisites:** FPM 3130

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#### **FPM 3250: Foundations of Movement in Exercise**

This course serves as an introduction to the basic mechanics and terminology of human movement. Students will build upon concepts learned in human anatomy to analyze and identify the anatomical features involved in basic human movements. Emphasis will be placed on musculoskeletal structure and function related to exercise. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** PTH\_AS 2201

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#### **FPM 4140: Exercise Practicum II**

Undergraduate course, designed to provide advanced skills and advanced exercise techniques for successful implementation of exercise programming. Student will demonstrate proficiency in fitness assessment, exercise prescription, and programming to a variety of populations. This course will help prepare the student for the FPM capstone course (Fitness Management 4xxx), completion of the FPM degree, and prepare for the ACSM EP-C certificate. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** NEP 2140

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#### **FPM 4440: Fitness Programming**

This course is designed to develop a fundamental understanding of annual training regimens and program design. An emphasis is placed on understanding test selection and evaluating results to form appropriate regime and applying the periodization theory to cardiovascular, strength, and agility training. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** FPM 2130

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#### **FPM 4440W: Fitness Programming - Writing Intensive**

This course is designed to develop a fundamental understanding of annual training regimens and program design. An emphasis is placed on understanding test selection and evaluating results to form appropriate regime and applying the periodization theory to cardiovascular, strength, and agility training. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** FPM 2130

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#### **FPM 4500: FPM Capstone: Strength and Conditioning**

Undergraduate course, designed to provide a comprehensive overview of the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam. Focusing on scientific foundations and practical application of strength and conditioning. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** MPP 3500 and FPM 4440W

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#### **FPM 4550: Internship in Fitness Programming Management**

Focuses on opportunities to gain real-world field experience by learning new skills, developing professional contacts, and applying academic knowledge in a community fitness or athletic setting. The course will allow students to explore a particular career path and practice professional competencies needed to perform successfully in the field. Graded on A-F basis only.

**Credit Hour:** 1-6

**Prerequisites:** FPM 3130 and FPM 4440 or FPM 4440W

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#### **FPM 4560: Strength and Conditioning Internship**

This course is designed to provide students with an opportunity to learn new skills, develop a professional network and apply academic knowledge in a real-world environment. Graded on A-F basis only.

**Credit Hour:** 3-6

**Prerequisites:** FPM 3130 and FPM 4440 or 4440W

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