

Fitness Programming and Management

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Faculty

Professor S. Ball**

Assistant Professor R. Carpenter, 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 (<http://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/bs-fitness-programming-management/>)
 - with emphasis in Strength and Conditioning (<http://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/bs-fitness-programming-management-emphasis-strength-conditioning/>)
- Certificate in Fitness Programming and Management (<http://catalog.missouri.edu/collegeofhealthsciences/fitnessprogrammingmanagement/cert-fitness-programming-management/>)

This program is designed as a 100% online degree program leading to a BS in Fitness Programming and Management. This degree is designed for students who are interested in Strength and Conditioning, Personal Training, and Corporate Wellness but do not wish or are unable to be on campus. It is a good option for both traditional and non traditional students, including those in the military.

The program is housed within the School of Health Professions, 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 occupational therapy, 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

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

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

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

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

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 3130

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 3130

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
