

BS in Sport Science

Degree Program Description

The Bachelor of Science in Sports Science prepares students to become evidence-based practitioners in health and human performance across the lifespan. This program provides students with the expertise to support the adoption of physical activity, improve exercise performance, and incorporate healthy behaviors to optimize both health-related (cardiovascular, muscular, and flexibility) and skill-related (strength, speed, power, and balance) components of fitness.

Throughout the program, students develop the skills to design, implement, and evaluate effective performance and health programs in private practice, worksite wellness, community fitness, and sport and tactical environments. Students in the Sports Science degree gain a combination of classroom instruction and hands-on professional experience through laboratory coursework and internship opportunities, allowing them to apply concepts in real-world settings and build meaningful connections within a network of health and fitness professionals.

The Sports Science program is designed for students interested in careers focused on athletic performance and strength and conditioning, as well as opportunities in personal training, corporate wellness, community and commercial fitness, rehabilitation settings, and other sport-related professions.

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 Sport Science must complete all University requirements (<https://catalog.missouri.edu/academicdegreerequirements/universityrequirements/>), including general education (<https://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/>), in addition to the degree requirements below.

Major Core Requirements must be completed with a grade of C- or higher.

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	3
PTH_AS 2201	Human Anatomy Lecture	3
STAT 1200 or STAT 2500	Introductory Statistical Reasoning Introduction to Probability and Statistics I	3
NEP 1034	Introduction to Human Nutrition	3

Major Core Requirements

SP_SCI 2130	Exercise Techniques	3
SP_SCI 2131	Exercise Techniques I Lab	1
SP_SCI 3130	Exercise Techniques II	3
SP_SCI 3131	Exercise Techniques II Lab	1

SP_SCI 2200	Sport and Exercise Psychology	3
SP_SCI 3250 or PH_THR 4250	Foundations of Movement in Exercise Human Kinesiology	3
SP_SCI 4440W	Fitness Programming - Writing Intensive (Capstone for non-emphasis)	3
SP_SCI 4550	Internship in Sport Science	3 or 6
PH_THR 4420 or MPP 3500	Foundations of Therapeutic Exercise Sports Performance Physiology	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.

Semester Plan

First Year			
Fall	CR	Spring	CR
STAT 1200		3 ENGLISH 1000	3
PSYCH 1000		3 HIST 1100, POL_SC 1100, or HIST 1200	3
Humanities		3 NEP 1034	3
Elective		3 Elective	3
Elective		3 Elective	3
			15

Second Year			
Fall	CR	Spring	CR
PTH_AS 2201		3 SP_SCI 2130	3
COMMUN 1200 or AGSC_COM 2220		3 SP_SCI 2131	1
College of Health Sciences (CHS) Elective		3 College of Health Sciences Elective	3
Elective		3 Physical Science with lab	3
Elective		3 2000+ level Humanities Elective	3
			1
			15

Third Year			
Fall	CR	Spring	CR
SP_SCI 3250		3 SP_SCI 3130	3
SP_SCI 2200		3 SP_SCI 3131	1
Writing Intensive Elective		3 SP_SCI 4440W	3
Elective		3 Elective	3
Elective		3 Elective	3
			3
			15

Fourth Year			
Fall	CR	Spring	CR
SP_SCI 4480		3 SP_SCI 4550	1-6
PH_THR 4420 (or MPP 3500)		3 College of Health Sciences Elective	3
Elective		3 Elective	3
Elective		3 Elective	3
Elective		3 Elective	3
			3
			15

Total Credits: 118-123