

# 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/schoolofhealthprofessions/fitnessprogrammingmanagement/bs-fitness-programming-management/>)
- Certificate in Fitness Programming and Management (<http://catalog.missouri.edu/schoolofhealthprofessions/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.