



Nutrition and Fitness

Department of Nutrition and Exercise Physiology

Degree Program Requirements

Degree Program Requirements include General Education courses, HES College requirements, and Professional Program courses. Details about General Education requirements and courses that meet those requirements can be found at <http://generaleducation.missouri.edu/requirements/> Electives or supportive courses complete the 120 hours required for the degree.

GENERAL EDUCATION

*English: 3 hours

- ENGLSH 1000: Exposition and Argumentation
Two writing intensive courses: One must be in the major and numbered 3000 or higher. One can be from any department.
Prerequisite: Eng 1000 with a grade in the C range.
- NUTR S 4850 Physiology of Exercise (3)
- _____

*Mathematics: 3 hours

- MATH 1120: College Algebra
Math Reasoning Proficiency course. Prerequisite: MATH 1120 with a grade in the C range.
- _____

American Government: 3 hours

- HIST 1100, 1200, 1400, 2210, 2440, 4000, 4220, 4230, or POL SC 1100, 1700, 2100

Distribution of Content: 27 hours

- 9 hours of Biological, Physical, and/or Mathematical Science with at least one biological or physical science and its related laboratory. Two different areas of science must be completed.

- 9 hours Social and Behavioral Sciences with at least one course from each area.

- 9 hours Humanities and/or Fine Arts including at least one course from two different departments. (Foreign language is an exception. A minimum of 12-13 hours of the same foreign language must be taken.)

- Choose at least one course numbered 2000 or higher in **two** of the areas of distribution. Courses approved for the Distribution of Content may be found at: <http://generaleducation.missouri.edu/requirements/>

Biological, Mathematical and Physical Sciences: 9 hours

- _____
- _____
- _____
- _____

* These courses require a grade in the C-range.

Social and Behavioral Sciences: 9 hours

- _____
- _____
- _____

Humanistic Studies and Fine Arts: 9 hours

- _____
- _____
- _____

Capstone Experience

Completed during last two semesters of coursework.

- NUTR S 4970 Capstone: Sports Nutrition

HES COLLEGE

Foundation Courses: 6-7 hours

At least one course from two different departments must be represented.

- GN HES 1100 Intro to Human Environmental Sciences (1)
(Required for freshmen; recommended for transfer students.)
- ARCHST 1600 Fundamentals of Environmental Design (3) or ARCHST 4620 Environment and Behavior (3)
- FINPLN 2183 Personal and Family Finance (3) or FINPLN 2185 Consumer in Our Society (3)
- H D FS 1600 Foundations of Family Studies (3) or H D FS 1610 Intimate Relationships and Marriage (3) or H D FS 2400 Principles of Human Development (3)
- SOC WK 1115 Social Welfare and Social Work (3) or SOC WK 4710 Social Justice and Social Policy (3)
- T A M 1100 Intro to the Softgoods Industry (3), TAM 1300 Softgoods Retailing (3), or T A M 1400 Softgoods Consumer Behavior (3), or T A M 2200 Textiles (3), or T A M 2400 Global Consumers (3), or T A M 2500 Social Appearance in Time and Space (3), or T A M 3510 Survey of Western Dress (3), or T A M 3100 Fundamentals of E-Commerce (3)

Communication: 3 hours

- Choose from COMMUN 1200, 3571, 3575



Nutrition and Fitness Professional Program

To declare the Nutrition and Fitness emphasis students must earn a minimum 2.5 Cum GPA after 30 credit hours, including completion of Chem 1320, Bio 1010/1020 or 1500, Math 1120 or equivalent, and NUTR S 1034 or 1340 or 2380 or equivalent to these. All * courses must be completed with a grade of C- or better. A minimum of 120 hours must be completed.

Science Foundation (29-31 hours)

¹These courses also may meet General Education requirements.

- BIO SC 1010 Prin and Conc of Biology **and**
BIO SC 1020 Gen Biology Lab **or**
BIO SC 1500 Intro to Biological Systems (5)
- CHEM 1310 Gen Chem I (2)
- ¹CHEM 1320 Gen Chem II (3)
- CHEM 2050 Organic Chem (5)
- ¹BIO CHM 3630 Gen Biochemistry (3)
- MPP 3202 Elements of Physiology (5)
- PTH AS 2201 Elementary Anatomy Lecture (3)
- PTH AS 2203 Elementary Anatomy Lab (*recommended*) (2)
- ¹STAT 1200 Intro Statistical Reasoning **or**
STAT 1300 Elementary Statistics **or**
STAT 1400 Statistical Analysis **or**
ESC PS 4170 Intro to Educational Statistics (3)

*Nutritional Sciences (14 hours)

- NUTR S 1340 Introduction to Exercise and Fitness (3)
- NUTR S 2340 Human Nutrition I (3)
- NUTR S 4360 Nutritional Assessment (3)
- NUTR S 2450 Nutrition Throughout the Life Span (3)
- NUTR S 4970 Capstone: Sports Nutrition (2)

Exercise Physiology (11 hours)

- *NUTR S 3800 Prev. & Care of Athletic Injury (2)
- *NUTR S 4850 Physiology of Exercise (3)
- *NUTR S 4860 Exercise Prescription (3)
- HTH PR 4250 Human Kinesiology (3)

Summary

General Education	33
HES College	9-10
Professional Program	55-57
General Electives	<u>20-23</u>
TOTAL (120 credits minimum)	120

Students May Choose From the Following List of Elective Courses to Complete 10 Hours of the Supporting Area:

Education and Counseling Psychology

- ESC PS 2400 Learning and Instruction (2)
- ESC PS 2500 Child Development (3)
- ESC PS 2600 Adolescent Development (2)
- ESC PS 2700 Psychological Perspective in Sport (3)

Curriculum and Instruction

- C&I 1300 First Aid (2)
- TDP 1200 Elements of Health Education (2)

* Nutritional Sciences

- NUTR S 2001 Topics (3)
- NUTR S 2420 Biology of Healthy Living (2)
- NUTR S 2460 Eating Disorders (2)
- NUTR S 3810 Advanced Athletic Training (3)
- NUTR S 4200 Sports Performance & Conditioning (3)
- NUTR S 4340 Human Nutrition II (3)
- NUTR S 4370 Nutrition Therapy I (3)
- NUTR S 4380 Nutrition Therapy II (2)
- NUTR S 4590 Community Nutrition (3)
- NUTR S 4940 Internship in Nutritional Sciences (1-6)

Human Development and Family Studies

- H D FS 3420 Early and Middle Childhood (3)
- H D FS 3430 Adolescence and Young Adulthood (3)
- H D FS 3440 Adulthood and Aging (3)
- H D FS 4100 Children in Health Care Setting (3)

Sociology

- SOCIOL 3310 Social Psychology (3)
- SOCIOL 3430 The Sociology of Sport (3)
- SOCIOL 4210 Sociology of Aging (3)

Psychology

- PSYCH 2310 Social Psychology (3)
- PSYCH 2410 Developmental Psychology (3)
- PSYCH 3110 Theories of Learning (3)
- PSYCH 3830 Health Psychology (3)
- PSYCH 4210 Physiological Psychology (3)
- PSYCH 4830 Psychology of Women (3)

General Electives (120 total hours required)

- _____
- _____
- _____
- _____



Nutrition and Fitness

Sample Course Sequence Guide

FIRST YEAR - FALL SEMESTER

GN HES 1100 Intro to HES	1
CHEM 1310 Gen Chem I	2
NUTR S 1340 Intro to Exercise & Fitness (f)	3
American Government	3
MATH 1120 College Algebra	3
Humanities	<u>3</u>
Total	15

FIRST YEAR - SPRING SEMESTER

ENGLSH 1000	3
CHEM 1320 Gen Chem II	3
BIO SC 1010 and 1020 or 1500	5
Supporting Elective	2
HES Foundation Course	<u>3</u>
Total	16

SECOND YEAR - FALL SEMESTER

CHEM 2050 Organic Chem (f)	5
Supporting Elective	2
Elective	6
Social/Behavioral Science	<u>3</u>
Total	16

SECOND YEAR - SPRING SEMESTER

PTH AS 2201 Elem Anatomy Lecture	3
PTH AS 2203 Elem Anatomy Lab (rec)	2
BIOCHEM 3630 Gen Biochemistry (sp)	3
NUTR S 2340 Human Nutrition I (sp)	3
HES Foundation Course (WI)	<u>3</u>
Total	14

THIRD YEAR - FALL SEMESTER

MPP 3202 Physiology	5
HTH PR 4250 Human Kinesiology (f)	3
NUTR S 3800 Prev. & Care of Ath. Injury (f)	2
STAT1200	3
Communication	<u>3</u>
Total	16

THIRD YEAR - SPRING SEMESTER

NUTR S 2450 Nutrition: Life Span (sp)	3
NUTR S 4850 Physiology of Exercise (sp)	3
Humanities	3
Social/Behavioral Science	3
Elective	<u>3</u>
Total	15

FOURTH YEAR - FALL SEMESTER

NUTR S 4360 Nutritional Assessment (f)	3
NUTR S 4970 Capstone (f)	2
Supporting Electives	3
Elective	6
Total	14

FOURTH YEAR - SPRING SEMESTER

NUTR S 4860 Exercise Prescription (sp)	3
Supporting Electives	3
Elective	<u>8</u>
Total	14

(f): Course is offered only during the Fall semester

(w): Course is offered only during the Winter semester

(WI): Course is Writing Intensive



Nutritional Sciences

Examples of Careers Pursued by Graduates of the Program

The department curriculum prepares students for a variety of positions in business and industry, government, community service, extension, teaching, and research. This includes a range of professions in dietetics, nutrition research, nutrition and physical fitness.

Examples of Graduates' Positions:

- Clinical Dietitians in hospital and clinics
- Community dietitians in government
- Clinical Manager for hospitals
- Consultant Dietitians for nursing homes and hospitals
- Wellness Dietitians in hospital and clinics
- Director of Dietetics
- Nutritional Services Coordinated Program at a major university
- Nutritional Representative for a major pharmaceutical company
- Program Coordinator for a district Dairy Council
- School Cafeteria Manager in large city system
- Manager in a health care corporation
- Chief, Bureau of Child and Adult Care food Program, state health department
- Medical and Dental School students

Examples of Graduate Student Positions:

- Department chairs and faculty at major universities
- Area Extension Specialists
- Quality Control Analyst
- Director, Corporate Wellness Program
- Nutrition Consultant, own Business
- Nutritionist, U.S. Department of Agriculture
- Data Analyst for a major pharmaceutical company

Selected Firm/Agencies by Whom Graduates are Employed:

- Women, Infant, and Children's Program
- Coca-Cola
- Ross Labs
- Cornell Medical College
- Sloan Kettering
- U.S. Army
- Beverly Enterprises