



# Nutrition & Exercise Physiology

## University of Missouri

Degree Requirements for:

### NUTRITION AND FOODS

This is a professional program. Admission is competitive and application requirements include a minimum cumulative grade point average of 3.2 on a 4.0 scale and completion of specific prerequisite courses to be considered. This program is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.

#### Pre-Professional Requirements (49 hours)

- \_\_\_\_\_ <sup>1,2</sup>BIOCHM 3630 Gen Biochemistry (3)
- \_\_\_\_\_ <sup>1</sup>BIO SC 1010 Prin and Conc of Biology (3) and  
<sup>1</sup>BIO SC 1020 Gen Biology Lab (2), or  
<sup>1</sup>BIO SC 1500 Intro to Biological Systems (5)
- \_\_\_\_\_ CDS 2190 Medical Terminology (3)
- \_\_\_\_\_ <sup>1</sup>CHEM 1320 College Chem I with Lab (4)
- \_\_\_\_\_ <sup>1</sup>CHEM 2030 Survey of Organic Chemistry (3)
- \_\_\_\_\_ <sup>1</sup>CHEM 2130 Organic Chem Lab (2)
- \_\_\_\_\_ <sup>1</sup>COMM 1200 Public Speaking (3)
- \_\_\_\_\_ FINPLN 2183 Personal and Family Finance (3)
- \_\_\_\_\_ <sup>1</sup>HLTH SCI 1000 Intro to the Health Professions (3)
- \_\_\_\_\_ HDFS 1600 Found of Family Science, or  
HDFS 1610 Intimate Relationships and Marriage (3)
- \_\_\_\_\_ <sup>1</sup>MPP 3202 Elements of Physiology with Lab (5)
- \_\_\_\_\_ NEP 1995 Nutritional Food Science (3)
- \_\_\_\_\_ <sup>2</sup>NEP 2340 Human Nutrition I (3)
- \_\_\_\_\_ NEP 2380 Diet Therapy for the Health Professionals (3)
- \_\_\_\_\_ <sup>1</sup>PSYCH 1000 General Psychology (3)

#### <sup>3</sup>Professional Requirements (51 hours)

- \_\_\_\_\_ <sup>1</sup>ESC PS 4170 Intro to Applied Statistics (3)
- \_\_\_\_\_ FS 4310 Food Chemistry with Lab (4)
- \_\_\_\_\_ MANGMT 3000 Principles of Management (3)
- \_\_\_\_\_ MPP 4204 Medical Pharmacology (5)
- \_\_\_\_\_ NEP 2450 Nutrition Throughout the Life Span (3)
- \_\_\_\_\_ NEP 3290 Food Service I: SPE (1)
- \_\_\_\_\_ NEP 3360 Nutritional Assessment: SPE (2)
- \_\_\_\_\_ NEP 3370 Medical Nutrition Therapy I: SPE (3)
- \_\_\_\_\_ NEP 3390 Teaching and Counseling Techniques in Nutr. (2)
- \_\_\_\_\_ NEP 3400 Teaching and Counseling Techniques: SPE (1)
- \_\_\_\_\_ NEP 3590 Community Nutrition SPE (1)
- \_\_\_\_\_ NEP 4280 Food Service Management (3)
- \_\_\_\_\_ NEP 4290 Food Service II: SPE (business plans) (2)
- \_\_\_\_\_ NEP 4340 Human Nutrition II (3)
- \_\_\_\_\_ NEP 4360 Nutritional Assessment (3)
- \_\_\_\_\_ NEP 4370 Nutrition Therapy I (3)
- \_\_\_\_\_ NEP 4590 Community Nutrition (3)
- \_\_\_\_\_ NEP 4950 Capstone: Research in Nut Sci (2)
- \_\_\_\_\_ NEP 4951 Nutrition Research Communication (1)
- \_\_\_\_\_ PTH AS 2201 Human Anatomy Lecture (3)

<sup>1</sup>These courses also may meet General Education Requirements.

<sup>2</sup>These courses require a minimum grade of B-.

SPE = Supervised Practice Experience

Changes to requirement may be necessary as accreditation requirements change. Check with your adviser regularly to stay informed.

#### Supporting Area Courses (Choose 6 hours from list)

(Some courses have pre-requisites. Check before enrolling. If you are interested in a course not listed you must provide a syllabus for approval. The course must be 3000-level or higher and be relevant to your field. Approval is subject to faculty evaluation.)

- \_\_\_\_\_ AFNR 3215 Community Food Systems (3)
- \_\_\_\_\_ BIO 2200 Genetics (4)
- \_\_\_\_\_ BIO 3750 Genral Microbiology (3-4)
- \_\_\_\_\_ FS 4370 Food Microbiology (3)
- \_\_\_\_\_ FS 4980 Food Quality Assurance (3)
- \_\_\_\_\_ HDFS 3430 Adolescence and Young Adulthood (3)
- \_\_\_\_\_ HLTH SCI 3300 Public Health Prin., Prac. and Educ. (3)
- \_\_\_\_\_ HLTH SCI 4300 Health Care in the US (3)
- \_\_\_\_\_ HLTH SCI 4400 Culture and Health Lit. for Prof (3)
- \_\_\_\_\_ HLTH SCI 4420 Health Literacy and Behavioral Compl. (3)
- \_\_\_\_\_ MICROB 3200 Med. Microbiology and Immuniz. (3)
- \_\_\_\_\_ MGMNT 4201 Mgmnt of International Bus in Research (3)
- \_\_\_\_\_ MRKTNG 3000 Principles of Marketing (3)
- \_\_\_\_\_ NEP 2460 Eating Disorders (2)
- \_\_\_\_\_ NEP 3131 International NEP (Study Abroad) (3)
- \_\_\_\_\_ NEP 4970 N&F Capstone: Sports Nutrition (3)
- \_\_\_\_\_ PSYCH 3830 Health Psychology (3)
- \_\_\_\_\_ RU SOC 3310 Society, Agriculture, Natural Resources (3)
- \_\_\_\_\_ RU SOC 3325 Social Food and Nutrition (3)
- \_\_\_\_\_ SOC 3430 Sociology of Sport (3)
- \_\_\_\_\_ SOC 3440 Sociology of Health (3)
- \_\_\_\_\_ STAT 3000-4000 level course (3)
- \_\_\_\_\_ SOC WK 4390 Helping Strategies w/Child. & Adol. (3)
- \_\_\_\_\_ SOC WK 4395 Death, Grief and Loss (3)
- \_\_\_\_\_ SOC WK 4480 Helping Strategies w/Older Persons (3)

Minimum of 120 credit hours are required for Nutrition and Foods undergraduate degree.

#### Graduate Requirements (31 hours)

All graduate level courses require a minimum grade of B.

- \_\_\_\_\_ ESC PS 7200 Intro to Positive Psychology (3)
- \_\_\_\_\_ HMI 7430 Intro to Health Informatics (3)
- \_\_\_\_\_ NEP 7380 Nutrition Therapy II (3)
- \_\_\_\_\_ NEP 7381 Nutrition Therapy II SPE (4)
- \_\_\_\_\_ NEP 7385 Professional Development I (1)
- \_\_\_\_\_ NEP 7390 Professional Development II (1)
- \_\_\_\_\_ NEP 8340 Nutrition in Human Health (3)
- \_\_\_\_\_ NEP 8380 Nutrition Therapy III (3)
- \_\_\_\_\_ NEP 8975 Practice of Diet SPE (10) (course pending approval)

# Nutrition and Foods and the Dietetic Professional Program

## Sample Course Guide

### FIRST YEAR - FALL SEMESTER

'BIO SC 1010/1020 or 1500 Biology w/Lab	5
GN HES 1100 Intro to HES	1
HES Foundation (recommend HDFS 1600 or 1610)	3
MATH 1100 College Algebra	3
PSYCH 1000 General Psychology	3

**Total 15**

### SECOND YEAR - FALL SEMESTER

CHEM 2030 Survey of Organic Chemistry (f)	3
CHEM 2130 Organic Chem Lab	2
HES Foundation (recommend FINPLN 2183)	3
MPP 3202 Human Physiology with Lab	5
NEP 2380 Diet Therapy for the Health Professionals	3

**Total 16**

### FIRST YEAR - SPRING SEMESTER

CHEM 1320 College Chem I with Lab	4
ENGLISH 1000 Exposition and Argumentation	3
AM. History or Government	3
HLTH SCI 1000 Intro to the Health Professions	3
HUMANITIES (recommend Phil 1150 or 2440)	3

**Total 16**

### SECOND YEAR - SPRING SEMESTER

BIOCHM 3630 Gen Biochemistry (sp)	3
COMM 1200 Public Speaking	3
CDS 2190 Medical Terminology	3
NEP 1995 Nutritional Food Science (su, sp)	3
NEP 2340 Human Nutrition I (sp)	3

**Total 15**

## COORDINATED PROGRAM IN DIETETICS

### THIRD YEAR - FALL SEMESTER

	Hrs	Contact
FS 4310 Food Chemistry with Lab	4	
NEP 3360 Nutritional Assessment SPE (f)	2	8
NEP 4340 Human Nutrition II (f)	3	
NEP 4360 Nutritional Assessment (f)	3	
NEP 4590 Community Nutrition (su, f)	3	

**Total 15 8**

### THIRD YEAR - SPRING SEMESTER

	Hrs	Contact
MANGMT 3000 Principles of Management	3	
NEP 2450 Nutr. Through. the Lifespan (su, sp)	3	
NEP 3290 Food Service I SPE (sp)	1	4
NEP 3390 Teaching and Counseling (sp)	2	
NEP 4280 Food Service Lecture (sp)	3	
Supporting Elective (Soc/Beh if not taken previously)	3	

**Total 15 4**

### THIRD YEAR - SUMMER SEMESTER

	Hrs	Contact
NEP 3400 Teaching and Counseling SPE	1	4
NEP 3590 Community Nutrition SPE	1	4
ESC PS 4170 Intro to Applied Statistics	3	

### FOURTH YEAR - FALL SEMESTER

	Hrs	Contact
MPP 4204 Medical Pharmacology	5	
NEP 4290 Food Service II SPE (f)	2	8
NEP 4950 Capstone: Research in Nut Sci (f)	2	
Humanities WI	3	
Supporting Elective	3	

**Total 15 8**

### FOURTH - SPRING SEMESTER

	Hrs	Contact
NEP 3370 Medical Nutrition Therapy I SPE	3	12
NEP 4370 Nutrition Therapy I	3	
NEP 4951W Nutrition Research Communication	1	
NEP 8340 Nutrition in Human Health	3	
PTH AS 2201 Human Anatomy Lecture	3	

**Total 13 12**

### FIFTH YEAR - FALL SEMESTER

	Hrs	Contact
ESC PS 7200 Intro to Positive Psychology	3	
HMI 7430 Intro to Health Informatics	3	
NEP 7380 Nutrition Therapy II	3	
NEP 7381 Nutrition Therapy II SPE	4	16
NEP 7385 Professional Devel. I	1	

**Total 14 16**

### FIFTH - SPRING SEMESTER

	Hrs	Contact
NEP 7390 Professional Devel. II	1	
NEP 8380 Nutrition Therapy III course pending	2	
NEP 8975 Practice of Dietetics course pending	10	40

**Total 13 40**