



Nutrition & Exercise Physiology

University of Missouri

Degree Requirements for:

NUTRITION AND FOODS

GENERAL EDUCATION

***English: 7 hours**

- _____ ENGLISH 1000: Exposition and Argumentation (3)
Two Writing Intensive courses: One must be in the major.
Prerequisite: ENGLISH 1000
- _____ _____ **WI-1**
- _____ NEP 4951 Research in Dietetics SPE (1) **WI-2**

***Mathematics: 6 hours**

- _____ MATH 1100: College Algebra (3)
Prerequisite: MATH 1100 with a grade in the C range.
- _____ FINPLN 2183 or ESC PS 4170 **MRP**

American History or Government: 3 hours

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

Distribution of Content: 27 hours

- ~ Courses approved for the Distribution of Content may be found at:
<http://generaleducation.missouri.edu/requirements/>
- ~ Choose at least one course numbered 2000 or higher in two different areas of the distribution.
- ~ HES Foundation may not 'double dip' for both Gen Ed and HES Foundation credit.

Biological, Mathematical and Physical Sciences: 9 hours

- At least one Biological or Physical Science and its related laboratory.
- Two different areas of science must be completed.
- _____ BIO SC 1010/1020 OR 1500 (5)
- _____ CHEM 1320 (4)

Social and Behavioral Sciences: 9 hours

- At least two different departments must be represented. American History or Government course may 'double count' here.
- _____ PSYCH 1000 (3)
- _____ American History or Government (3)

Humanities and Fine Arts: 9 hours

- At least one course from two different departments must be represented. COMMUN 1200 may 'double count.' (Foreign language is an exception. A minimum of 12-13 hours of the same foreign language must be taken to fulfill the Humanities requirement.)
- _____ COMM 1200 (3) (required for degree)
- _____ PHIL 1150 or 2440 (recommended)

***Capstone Experience**

- Completed during last two semesters of coursework.
- _____ NEP 4950 Capstone: Research in Nutritional Sciences (2)

HES COLLEGE

Foundation Courses: 6-7 hours

- _____ GN HES 1100 Intro to Human Environmental Sciences (1)
At least one course from two different departments must be represented.
- _____ ARCHST 1600 Fundamentals of Environ. Design (3) **WI**, or
ARCHST 2100 Understanding Arch. and the Am. City (3), or
ARCHST 2323 Sustainable Building Design Fund. (3), or
ARCHST 2620 People, Places, & Design (3), or
ARCHST 4323 Sustainable Technologies and Systems (3), or
ARCHST 4430 Design with Historic Preservation (3)
- _____ **FINPLN 2183 Personal and Family Finance** (3) **MRP**, or
FINPLN 4380 Assessing the American Dream (3) **WI**
- _____ **HDFS 1600 Foundations of Family Studies** (3), or
HDFS 1610 Intimate Relationships and Marriage (3), or
HDFS 2400 Principles of Human Development (4) **WI**,
- _____ SOC WK 1115 Social Welfare and Social Work (3), or
SOC WK 2000 Explor. in Social and Economic Justice (3), or
SOC WK 4710 Social Justice and Social Policy (3)
- _____ TAM 1200 Basic Concepts of Apparel Design and Prod. (3), or
TAM 1300 Softgoods Retailing (3), or
TAM 2200 Textiles (3), or
TAM 2400 Global Consumer (3), or
TAM 2500 Social Appearance in Time and Space (3) **WI**, or
TAM 2520 History of Western Dress (3) **WI**, or
TAM 3700 Multi-Channel Retailing (3)

Communication: 3 hours

- _____ COMMUN 1200 Public Speaking (double count in Humanities)

* Courses in these categories must be completed with a grade of C- or better.

NUTRITION AND FOODS AND THE DIETETICS PROFESSIONAL PROGRAM

Pre-Professional Requirements (43 hours)

- _____ ^{1,2}BIOCHM 3630 Gen Biochemistry (3)
- _____ ¹BIO SC 1010 Prin and Conc of Biology (3) and
¹BIO SC 1020 Gen Biology Lab (2), or
¹BIO SC 1500 Intro to Biological Systems (5)
- _____ CDS 2190 Medical Terminology (3)
- _____ ¹CHEM 1320 College Chem I with Lab (4)
- _____ ¹CHEM 2030 Survey of Organic Chemistry (3)
- _____ ¹CHEM 2130 Organic Chem Lab (2)
- _____ ¹COMM 1200 Public Speaking (3)
- _____ ¹HLTH SCI 1000 Intro to the Health Professions (3)
- _____ ¹MPP 3202 Human Physiology with Lab (5)
- _____ NEP 1995 Nutritional Food Science (3)
- _____ ²NEP 2340 Human Nutrition I (3)
- _____ NEP 2380 Diet Therapy for the Health Professionals (3)
- _____ ¹PSYCH 1000 General Psychology (3)

³Professional Requirements (51 hours)

- _____ ¹ESC 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 Lifespan (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 (2)
- _____ NEP 3400 Teaching and Counseling SPE (1)
- _____ NEP 3590 Community Nutrition SPE (1)
- _____ NEP 4280 Food Service Lecture (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)

¹These courses also may meet General Education Requirements.

²These courses require a minimum grade of B-.

³These courses require a grade of C or higher.

SPE = Supervised Practice Experience

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

³Supporting 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)
- _____ HDFFS 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 Mgmt 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)

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.

Changes to requirements may be necessary as accreditation requirements change. Check with you radvisor regularly to stay informed.

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

FIRST YEAR - SPRING SEMESTER

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

Total 16

SECOND YEAR - FALL SEMESTER

CHEM 2030 Survey of Organic Chemistry (f)	3
CHEM 2130 Organic Chem Lab	2
HES Founation (recommend FINPLN 2183)	3
MPP 3202 Human Physiology with Lab	5
NEP 2380 Diet Theapy for the Health Professionals	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
MANGMT 3000 Principles of Management	3	
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 14 8

THIRD YEAR - SPRING SEMESTER

	Hrs	Contact
Humanities WI 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
FS 4310 Food Chemistry with Lab	4	
NEP 4290 Food Service II SPE (f)	2	8
NEP 4950 Capstone: Research in Nut Sci (f)	2	
PTH AS 2201 Human Anatomy Lecture	3	
Supporting Elective3		

Total 14 8

FOURTH - SPRING SEMESTER

	Hrs	Contact
MPP 4204 Medical Pharmacology	5	
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	

Total 15 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 course pending	1	

Total 14 16

FIFTH - SPRING SEMESTER

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

Total 13 40