### GENERAL EDUCATION

**English: 9 hours**
- ENGLISH 1000: Exposition and Argumentation (3)
  - Two Writing Intensive courses: One must be in the major.
  - Prerequisite: ENGLSH 1000
- NEP 1310 Foods and Cultures (recommended) (3) **WI-1**
- **NEP 3850 Physiology of Exercise (3) **WI-2**

**Mathematics: 6 hours**
- MATH 1100: College Algebra (3)
  - Prerequisite: MATH 1100 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 (double dip in Social Science)

**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 (recommended) (3)
  - American Government (3)
  - NEP 2222 Landscape of Obesity (recommended) (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 (recommended) (3)
  - NEP 1310 Foods and Cultures (recommended) (3)

**Capstone Experience**
- Completed during last two semesters of coursework.
  - NEP 4970 Capstone: Sports Nutrition (2)

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### 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**
  - 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**
  - TAM 3510 Survey of Western Dress (3) **WI**
  - TAM 3700 Multi-Channel Retailing (3)

**Communication: 3 hours**
- Choose from COMMUN 1200 (double dip in Humanities)

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* Courses in these categories must be completed with a grade of C- or better.
**Must earn a minimum grade of 2.0 (C) for the degree program.

*Effective Fall 2017*
To declare the Nutrition and Fitness emphasis, students must earn a minimum 2.65 Cum GPA after 30 credit hours, including completion of CHEM 1320 (C- or higher), Bio 1010/1020 or 1500 (C or higher), MATH 1100 or equivalent (C- or higher), NEP 1340 (C or higher), and Physiology (MPP 3202) or PTH AS 2201 (C or higher). A minimum of 120 hours must be completed for this emphasis area.

Science Foundation Requirements (26-30 hours)

- 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)
- CHEM 1320 College Chem I with Lab (4)
- CHEM 2030 Organic Chemistry (3)
- CHEM 2130 Organic Chem Lab (recommend) (2)
- 2ESC PS 4170 Intro to Applied Statistics, or STAT 1200 Intro Statistical Reasoning, or STAT 1300 Elementary Statistics, or STAT 1400 Elem Statistics for Life Sciences (3)
- 1MPP 3202 Elements of Physiology (5)
- 1PTH AS 2201 Human Anatomy Lecture (3)
- PTH AS 2203 Human Anatomy Lab (recommended) (2)

Emphasis Core Requirements

- NEP 2340 Human Nutrition I (3)
- NEP 2380 Diet Therapy for the Health Professional (3)
- NEP 2450 Nutrition Throughout the Lifespan (3)
- NEP 4970 Capstone: Sports Nutrition (2)

Exercise Physiology

- HTH PR 4250 Human Kinesiology (3)
- 1NEP 1340 Introduction to Exercise and Fitness (3)
- 2NEP 1485 Careers in Exercise Science (1)
- 2NEP 3450 Activity Through the Lifespan (3)
- 2NEP 3550 Corporate, Community and Personal Fitness (3)
- 2NEP 4200 Sports Performance and Conditioning (3)
- 2NEP 3850W Physiology of Exercise (3)
- 2NEP 4860 Exercise Prescription (3)

Supporting Electives (9 hours)

Students may choose from the following list of courses. At least 6 hours must be from the NEP area. Be sure to check for course prerequisites before enrolling.

2NEP:

- NEP 2001/3001/4001 Topics (1-3 hrs) (not offered every semester)
- NEP 2460 Eating Disorders (2)
- NEP 3131 International Nutrition and Exercise Physiology (Study Abroad; may double dip in Humanities) (3)
- NEP 3390 Teaching and Counseling (2)
- NEP 3420 Inactivity and Chronic Disease (3)
- NEP 4340 Human Nutrition II (3)
- NEP 4360 Nutritional Assessment (3)
- NEP 4370 Nutrition Therapy I (3)
- NEP 4480 Pediatric Exercise Physiology (3)
- NEP 4590 Community Nutrition (3)
- NEP 4750 Cardiopulmonary Rehabilitation (3)
- NEP 4940 Internship in Nutrition and Fitness (3)

Other Areas:

- ESC PS 4200 Positive Psychology (3)
- HDFS 3430 Adolescences and Young Adulthood (3)
- HDFS 3440 Adulthood and Aging (3)
- HLTH SCI 3300 Public Health Prin., Prac., and Educ. (3)
- PSYCH 2210 Mind, Brain and Behavior (3)
- PSYCH 3830 Health Psychology (3)
- SOCIOL 3310 Social Psychology (3)
- SOCIOL 3430 Sociology of Sport (3)

General Electives (variable needed to reach 120 total hours)

Minimum of 120 credit hours are required.

1These courses require a grade of C or higher.
2These courses require a grade of C- or higher.
# Nutrition and Fitness  
*(Physical Activity, Nutrition & Human Performance name change pending)*

## Sample Course Guide

### FIRST YEAR - FALL SEMESTER

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>1 BIO SC 1010/1020 or 1500 Biologyw/Lab</td>
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<tr>
<td>GN HES 1100 Intro to HES</td>
<td>1</td>
</tr>
<tr>
<td>HES Foundation</td>
<td>3</td>
</tr>
<tr>
<td>1 MATH 1100 College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>1 NEP 1340 Introduction to Exercise and Fitness (f)</td>
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### SECOND YEAR - FALL SEMESTER

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<thead>
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<th>Course</th>
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<tbody>
<tr>
<td>CHEM 2030 Survey of Organic Chemistry (f)</td>
<td>3</td>
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<tr>
<td>CHEM 2130 Organic Chem Lab (recommended)</td>
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<tr>
<td>COMM 1200 Public Speaking</td>
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<tr>
<td>1 PTH AS 2201 Human Anatomy Lecture</td>
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</tr>
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<td>PTH AS 2203 Human Anatomy Lab</td>
<td>2</td>
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<tr>
<td>Social/Behavioral Science (PSYCH 1000 recommended)</td>
<td>3</td>
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### THIRD YEAR - FALL SEMESTER

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<tr>
<td>ESC PS or STAT Statistics</td>
<td>3</td>
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<tr>
<td>Humanities</td>
<td>3</td>
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<tr>
<td>NEP 2380 Diet Theapy for the Health Professional</td>
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<td>1 NEP 3450 Activity Through the Lifespan (f, sp)</td>
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<td>1 NEP 3850W Physiology of Exercise</td>
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### FOURTH YEAR - FALL SEMESTER

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<thead>
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<th>Course</th>
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<tr>
<td>Electives</td>
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<tr>
<td>HES Foundation (WI recommended)</td>
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<tr>
<td>HTH PR 4250 Human Kinesiology (f, su)</td>
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<td>1 NEP 4970 Capstone: Sports Nutrition (f)</td>
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<td>Supporting Elective</td>
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### FIRST YEAR - SPRING SEMESTER

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<tr>
<th>Course</th>
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<tr>
<td>AM. History or Government</td>
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<tr>
<td>1 CHEM 1320 College Chem I with Lab</td>
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<tr>
<td>ENGLISH 1000 Exposition and Argumentation</td>
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<td>HUMANITIES</td>
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<tr>
<td>NEP 1485 Careers in Exercise Science (sp)</td>
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### SECOND YEAR - SPRING SEMESTER

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<th>Course</th>
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<tbody>
<tr>
<td>BIOCHM 3630 Gen Biochemistry</td>
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<tr>
<td>1 MPP 3202 Elements of Physiology</td>
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<tr>
<td>NEP 2340 Human Nutrition I</td>
<td>3</td>
</tr>
<tr>
<td>Social/Behavioral Science (NEP 2222 recommended)</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong> 14</td>
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</table>

### THIRD YEAR - SPRING SEMESTER

<table>
<thead>
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<th>Course</th>
<th>Credits</th>
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<tr>
<td>Electives</td>
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<tr>
<td>NEP 2450 Nutrition Throughout the Lifespan (su, sp)</td>
<td>3</td>
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<tr>
<td>NEP 3550 Corporate, Community and Personal Fitness</td>
<td>3</td>
</tr>
<tr>
<td>1 NEP 4200 Sports Performance and Conditioning (sp, su)</td>
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</tr>
<tr>
<td>Supporting Elective</td>
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<tr>
<td><strong>Total</strong> 15</td>
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### FOURTH - SPRING SEMESTER

<table>
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<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electives</td>
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</tr>
<tr>
<td>1 NEP 4860 Exercise Prescription (sp)</td>
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</tr>
<tr>
<td>Supporting Elective</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong> 15</td>
<td></td>
</tr>
</tbody>
</table>

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Prerequisites:  
CHEM 1320 - Algebra C- or higher  
BIO SC 1010 - Algebra C- or higher as pre- or co-requisite  
CHEM 2030 - min. grade of C- in CHEM 1320  
MPP 3202 - Soph standing (30+ hrs)  
PTH AS 2203 - co-req PTH AS 2201 or min grade of C in 2201 or BIO SC 1500 or equivalent  
HTH PR 4250 - PTH AS 2201 Anatomy  
BIOCHEM 3630 - CHEM 2030 or CHEM 2100  
NEP 1485 - NEP 1340  
NEP 2340 - CHEM 2030, or 2100 or 2160H  
NEP 2380 - Sophomore standing  
NEP 2450 - NEP 1034, 2340, or 2380  
1 NEP 3450 - NEP 1340  
1 NEP 3550 - NEP 3450  
1 NEP 3800 - PATH AS 2201  
1 NEP 4360 - PSYCH 1000; NEP 2340  
1 NEP 4850 - Physiology; PTH AS 2201  
1 NEP 4860 - Physiology  
1 NEP 4970 - NEP 2340, STAT, senior standing; and MPP 3202  

Students are considered "Pre-PANHP" until these courses are completed with minimum grades. It is the student’s responsibility to notify the department when these requirements are met.

1. CHEM 1320  
2. BIO SC 1010 & 1020, OR 1500  
3. MATH 1100  
4. PTH 2201 Anatomy OR Physiology (MPP 3202)  
5. NEP 1340  
6. 2.65 CUM GPA after 30 hours of coursework.

 Restricted - Pre-N&F cannot enroll