



Nutrition and Fitness (*Physical Activity, Nutrition & Human Performance)

*Name Change Pending

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://general-education.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.

- **NEP 4850 Physiology of Exercise (3)

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**Mathematics: 3 hours

- MATH 1100: College Algebra
Math Reasoning Proficiency course. Prerequisite: MATH 1100 with a grade in the C-range.

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American Government: 3 hours

- HIST 1100, 1200, 1400, 2210, 2440, 4000, 4220, 4230, or POL SC 1100, 1700, 2100
(may double dip for Social/Behavioral Science credit)

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

- 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 1320 Gen Chem I (4)

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Social and Behavioral Sciences: 9 hours

- **NEP 2222 Landscape of Obesity (recommended)

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- Psych 1000 (recommended)

Humanistic Studies and Fine Arts: 9 hours

- **NEP 1310 Foods and Cultures of the World (recommended)

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Capstone Experience

Completed during last two semesters of coursework.

- **NEP 4970 Capstone: Sports Nutrition

HES COLLEGE

Foundation Courses: 6-7 hours

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

- ARCHST 1600 Fundamentals of Environ. Design (3)(WI), **or** ARCHST 2100 Understanding Architecture and the American City (3), **or** ARCHST 2323 Sustainable Building Design Fundamentals (3) (Phy Sci Lab), **or** ARCHST 2620 People, Places, & Design (3), **or** ARCHST 4323 Sustainable Technologies and Systems (3) (Phy Sci & MRP) ARCHST 4430 Design with Historic Preservation (3)
- FINPLN 2183 Personal Financial Planning (3), **or** FINPLN 4380 Assessing the American Dream (3)
- GN HES 1100 Intro to Human Environmental Sciences (1)
(Required for freshmen; recommended for transfer students.)
- HDFS 1600 Foundations of Family Studies (3), **or** HDFS 1610 Intimate Relationships and Marriage (3), **or** HDFS 2400 Principles of Human Development (4)(WI)
- SW 1115 Social Welfare and Social Work (3), **or** SW 2000 Exploration in Soc. and Econ. Justice Sys. (3)(WI), **or** SW 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 3510 Survey of Western Dress (3)(WI), **or** TAM 3700 Multi-Channel Retailing (3)

Communication: 3 hours

- Choose from COMMUN 1200
(may double dip for Humanities credit)

** These courses require a grade of C- or better



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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, Bio 1010/1020 or 1500, MATH 1100 or equivalent, NEP 1340, and Physiology (MPP 3202) or PTH AS 2201. A minimum of 120 hours must be completed for this emphasis area.

Science Foundation (Required)

Courses also may meet General Education requirements.

- BIO CHM 3630 Gen Biochemistry (3)
- *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 1320 Gen Chem I (4)
- *CHEM 2030 Organic Chem (3)
- CHEM 2130 lab (recommended) (2)
- *MPP 3202 Elements of Physiology (5)
- *PTH AS 2201 Elementary Anatomy Lecture (3)
- PTH AS 2203 Elementary Anatomy Lab (recommended) (2)
- STAT 1200 Intro Statistical Reasoning **or**
STAT 1300 Elementary Statistics **or**
STAT 1400 Statistical Analysis **or**
ESC PS 4170 Intro to Applied Statistics (3)

Emphasis Core Requirements

**Nutritional Sciences

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

Exercise Physiology

- HTH PR 4250 Human Kinesiology (3)
- *NEP 1340 Introduction to Exercise and Fitness (3)
- **NEP 1485 Careers in Exercise Science (1)
- **NEP 3450 Activity Through the Lifespan (3)
- **NEP 3550 Topics: Corp, Comm and Pers Fitness (3)
- **NEP 4200 Sports Performance and Conditioning (3)
- **NEP 4850 Physiology of Exercise (3)
- **NEP 4860 Exercise Prescription (3)

Communications

- COMMUN 1200 Public Speaking (doubles as humanities)

All * courses must be completed with a grade of C or higher.

All ** courses must be completed with a grade of C- or higher.

¹Course pending approval for Sp17

Supporting Electives

Students may choose from the following list of courses to complete 9 hours of the Supporting Electives. Be sure to check for course prerequisites before enrolling.

** Nutritional Sciences

- NEP 2001/3001/4001 Topics (1-3)
- NEP 2460 Eating Disorders (2) (f)
- NEP 3131 International Nutrition & Ex Phys (3)
- NEP 3800 Prev. & Care of Athletic Injury (3)
- NEP 4001/4480 Pediatric Exercise Physiology (3)¹
- NEP 4001/4880 Cardiac Rehab (2)¹ (will change to 3 hrs)
- NEP 4340 Human Nutrition II (3)
- NEP 4360 Nutritional Assessment (3)
- NEP 4370 Nutrition Therapy I (3)
- NEP 4380 Nutrition Therapy II (2)
- NEP 4590 Community Nutrition (3)
- NEP 4940 Internship in Nutritional Sciences (1-6)

Human Development and Family Science

- H D FS 3430 Adolescence and Young Adulthood (3)
- H D FS 3440 Adulthood and Aging (3)

Psychology

- PSYCH 2210 Mind, Brain, and Behavior
- PSYCH 2310 Social Psychology
- PSYCH 3830 Health Psychology

Sociology

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

General Electives

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TOTAL 120 credits minimum



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Curriculum Planning Sheet

Fall I

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|---|-----------|
| †BIO SC 1010 and 1020 or 1500 | 5 |
| GN HES 1100 Intro to HES | 1 |
| HES Foundation Course | 3 |
| †MATH 1100 College Algebra | 3 |
| †NEP 1340 Intro to Exercise & Fitness (f) | 3 |
| Total | 15 |

Fall II

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|---|-----------|
| CHEM 2030 Survey of Organic Chemistry (f) | 3 |
| CHEM 2130 Organic lab I (recommended) | 2 |
| COMM 1200 Public Speaking (doubles as humanities) | 3 |
| †PTH AS 2201 Human Anatomy Lecture | 3 |
| PTH AS 2203 Human Anatomy Lab (recommended) | 2 |
| Social/Behaviorial Science (Psych 1000) | 3 |
| Total | 16 |

Fall III

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| Humanities | 3 |
| NEP 2380 Diet Therapy for the Health Profession | 3 |
| ‡NEP 3450 Phy. Activity Through the Life Span (f) | 3 |
| ‡NEP 4850 Physiology of Exercise (WI) (f17 or later) | 3 |
| STAT | 3 |
| Total | 15-16 |

Fall IV

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|--|-----------|
| Electives | 5 |
| HES Foundation Course (WI recommended) | 3-4 |
| HTH PR 4250 Human Kinesiology (f/su) | 3 |
| ‡NEP 4970 Capstone (f) | 2 |
| Supporting Area | 3 |
| Total | 16 |

Spring I

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|--|-----------|
| American Government | 3 |
| †CHEM 1320 College Chemistry I | 4 |
| ENGLSH 1000 Exposition & Argumentation | 3 |
| Humanities | 3 |
| NEP 1485 Career Expl. in Exercise Sci (sp) | 1 |
| Total | 14 |

Spring II

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|--|-----------|
| BIOCHEM 3630 General Biochemistry (sp) | 3 |
| †MPP 3202 Elements of Physiology | 5 |
| NEP 2340 Human Nutrition I (sp) | 3 |
| Social/Behavioral Science (recommend NEP 2222) | 3 |
| Total | 14 |

Spring III

| | |
|---|-----------|
| Electives | 3 |
| ‡NEP 2450 Nutrition Through the Life Span (sp/su) | 3 |
| †NEP 3550 Corp, Comm & Personal Fitness | 3 |
| ‡NEP 4200 Sports Performance and Cond. (sp/su) | 3 |
| Supporting Area | 3 |
| Total | 15 |

Spring IV

| | |
|--------------------------------------|-----------|
| Electives | 9 |
| ‡NEP 4860 Exercise Prescription (sp) | 3 |
| Supporting Area | 3 |
| Total | 15 |

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
 NEP 3450 - NEP 1340
 NEP 3550 - NEP 3450
 †NEP 3800 - PATH AS 2201
 ‡NEP 4360 - PSYCH 1000; NEP 2340
 †NEP 4850 - Physiology; PTH AS 2201
 ‡NEP 4860 - Physiology

(f): Course is offered only during the Fall semester
 (sp): Course is offered only during the Spring semester
 (WI): Course is Writing Intensive

¹ Course number pending

†NEP 4970 - NEP 2340, STAT, senior standing; and MPP 3202
 †Students are considered "Pre-PANHP" until these courses are completed with minimum grades of C. 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
 ‡Restricted - Pre-N&F cannot enroll