



Nutrition & Exercise Physiology

University of Missouri

Degree Requirements for:

NUTRITION AND FITNESS

PHYSICAL ACTIVITY, NUTRITION & HUMAN PERFORMANCE (NAME CHANGE PENDING)

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-I**
- _____ **NEP 3850 Physiology of Exercise (3) **WI-Z**

***Mathematics: 6 hours**

- _____ MATH 1100: College Algebra (3)
Prerequisite: MATH 1100 with a grade in the C range.
- _____ _____ **MRP**

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)

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

Communication: 3 hours

- _____ Choose from COMMUN 1200 (double dip in Humanities)

* 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.

NUTRITION AND FITNESS (NAME CHANGE PENDING)

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)
- _____ ²CHEM 1320 College Chem I with Lab (4)
- _____ ²CHEM 2030 Survey of 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 Elemntary 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)

Communications Requirement

- _____ COMMUN 1200 Public Speaking (3)

Emphasis Core Requirements

²Nutritional Sciences (11 hrs)

- _____ 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 Sprots 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

*BIO SC 1010/1020 or 1500 Biologyw/Lab	5
GN HES 1100 Intro to HES	1
HES Foundation	3
*MATH 1100 College Algebra	3
*NEP 1340 Introduction to Exercise and Fitness (f)	3
Total	15

SECOND YEAR - FALL SEMESTER

CHEM 2030 Survey of Organic Chemistry (f)	3
CHEM 2130 Organic Chem Lab (recommended)	2
COMM 1200 Public Speaking	3
*PTH AS 2201 Human Anatomy Lecture	3
PTH AS 2203 Human Anatomy Lab (recommended)	2
Social/Behavioral Science (PSYCH 1000 recommended)	3
Total	16

THIRD YEAR - FALL SEMESTER

ESC PS or STAT Statistics	3
Humanities	3
NEP 2380 Diet Therapy for the Health Professional	3
*NEP 3450 Activity Through the Lifespan (f, sp)	3
*NEP 3850W Physiology of Exercise	3
Total	15

FOURTH YEAR - FALL SEMESTER

Electives	5
HES Foundation (WI recommended)	3-4
HTH PR 4250 Human Kinesiology (f, su)	3
*NEP 4970 Capstone: Sports Nutrition (f)	2
Supporting Elective	3
Total	16-17

FIRST YEAR - SPRING SEMESTER

AM. History or Government	3
*CHEM 1320 College Chem I with Lab	4
ENGLISH 1000 Exposition and Argumentation	3
HUMANITIES	3
NEP 1485 Careers in Exercise Science (sp)	1
Total	14

SECOND YEAR - SPRING SEMESTER

BIOCHM 3630 Gen Biochemistry	3
*MPP 3202 Elements of Physiology	5
NEP 2340 Human Nutrition I	3
Social/Behavioral Science (NEP 2222 recommended)	3
Total	14

THIRD YEAR - SPRING SEMESTER

Electives	3
NEP 2450 Nutrition Throughout the Lifespan (su, sp)	3
NEP 3550 Corporate, Community and Personal Fitness	3
*NEP 4200 Sports Performance and Conditioning (sp, su)	3
Supporting Elective	3
Total	15

FOURTH - SPRING SEMESTER

Electives	9
*NEP 4860 Exercise Prescription (sp)	3
Supporting Elective	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

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

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
 *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.

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

*Restricted - Pre-N&F cannot enroll