### 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-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/](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,** or
  - **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)
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.

**NEP:**
- 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 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 Adolescents and Young Adulthood (3)
- HDFS 3440 Adulthood and Aging (3)
- HLTH SCI 3300 Public Health Prin., Pract., 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.

---

*These courses require a grade of C or higher.

*These 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

1. BIO SC 1010/1020 or 1500 Biology w/ Lab 5
2. GN HES 1100 Intro to HES 1
3. HES Foundation 3
4. MATH 1100 College Algebra 3
5. NEP 1340 Introduction to Exercise and Fitness (f) 3

Total 15

SECOND YEAR - FALL SEMESTER

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

Total 16

THIRD YEAR - FALL SEMESTER

1. ESC PS or STAT Statistics 3
2. Humanities 3
3. NEP 2380 Diet Therapy for the Health Professional 3
4. NEP 3450 Activity Through the Lifespan (f, sp) 3
5. NEP 3850W Physiology of Exercise 3

Total 15

FOURTH YEAR - FALL SEMESTER

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

Total 16-17

FIRST YEAR - SPRING SEMESTER

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

Total 14

SECOND YEAR - SPRING SEMESTER

1. BIOCHM 3630 Gen Biochemistry 3
2. MPP 3202 Elements of Physiology 5
3. NEP 2340 Human Nutrition I 3
4. Social/Behavioral Science (NEP 2222 recommended) 3

Total 14

THIRD YEAR - SPRING SEMESTER

1. Electives 3
2. NEP 2450 Nutrition Throughout the Lifespan (su, sp) 3
3. NEP 3550 Corporate, Community and Personal Fitness 3
4. NEP 4200 Sports Performance and Conditioning (sp, su) 3
5. Supporting Elective 3

Total 15

FOURTH - SPRING SEMESTER

1. Electives 9
2. NEP 4860 Exercise Prescription (sp) 3
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 2450 - 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.

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