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: ENGLISH 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.
  __ 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/](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)

* 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.

### 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, 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)

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

Communications Requirement

- COMMUN 1200 Public Speaking (3)

Emphasis Core Requirements

**Nutritional 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)

**Other Areas:**

- ESC PS 4200 Positive Psychology (3)
- HDFS 3430 Adolesences 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 Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO SC 1010/1020 or 1500</td>
<td>Biologyw/Lab</td>
<td>5</td>
</tr>
<tr>
<td>GN HIS 1100 Intro to HIS</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>HES Foundation</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>MATH 1100 College Algebra</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NEP 1340 Introduction to Exercise and Fitness (f)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>15</strong></td>
</tr>
</tbody>
</table>

### FIRST YEAR - SPRING SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM. History or Government</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>CHEM 1320 College Chem I with Lab</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>ENGLISH 1000 Exposition and Argumentation</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NEP 1485 Careers in Exercise Science (sp)</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>14</strong></td>
</tr>
</tbody>
</table>

### SECOND YEAR - FALL SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 2030 Survey of Organic Chemistry (f)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>CHEM 2130 Organic Chem Lab (recommended)</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>COMM 1200 Public Speaking</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PTH AS 2201 Human Anatomy Lecture</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PTH AS 2203 Human Anatomy Lab (recommended)</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Social/Behavioral Science (PSYCH 1000 recommended)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>

### SECOND YEAR - SPRING SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOCHM 3630 Gen Biochemistry</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>MPP 3202 Elements of Physiology</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>NEP 2340 Human Nutrition I</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Social/Behavioral Science (NEP 2222 recommended)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>14</strong></td>
</tr>
</tbody>
</table>

### THIRD YEAR - FALL SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESC PS or STAT Statistics</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Humanities</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NEP 2380 Diet Theapy for the Health Professional</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NEP 3450 Activity Through the Lifespan (f, sp)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NEP 3850W Physiology of Exercise</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>15</strong></td>
</tr>
</tbody>
</table>

### THIRD YEAR - SPRING SEMESTER

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

### FOURTH YEAR - FALL SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electives</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>HES Founation (WI recommended)</td>
<td></td>
<td>3-4</td>
</tr>
<tr>
<td>HTH PR 4250 Human Kinesiology (f, su)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NEP 4970 Capstone: Sports Nutrition (f)</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Supporting Elective</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>16-17</strong></td>
</tr>
</tbody>
</table>

### FOURTH - SPRING SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electives</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>NEP 4860 Exercise Prescription (sp)</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Supporting Elective</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>15</strong></td>
</tr>
</tbody>
</table>

---

**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

---

**Effective Fall 2017**

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