



# Nutrition & Exercise Physiology

## University of Missouri

Degree Requirements for:

### NUTRITIONAL SCIENCES (PRE-MED PROGRAM)

#### GENERAL EDUCATION

**\*English: 9 hours**

- \_\_\_\_\_ ENGLISH 1000: Exposition and Argumentation  
Two Writing Intensive courses: One must be in the major.  
Prerequisite: ENGLSH 1000
- \_\_\_\_\_ \_\_\_\_\_ **WI-1**
- \_\_\_\_\_ NEP 4951 Nutrition Research Communication (1) **WI-2**

**\*Mathematics: 6 hours**

- \_\_\_\_\_ MATH 1100: College Algebra  
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 2200 General Genetics (4)  
\_\_\_\_\_ CHEM 2110 Organic Chemistry II (3) **and**  
\_\_\_\_\_ CHEM 2130 Organic Lab (2)

**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)  
\_\_\_\_\_ HP 4300 Healthcare in the US (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)  
\_\_\_\_\_ PHIL 2440 Medical Ethics (recommended) (3)
- \_\_\_\_\_ \_\_\_\_\_

**\*Capstone Experience**

- Completed during last two semesters of coursework.
- \_\_\_\_\_ NEP 4950 Capstone: Research in Nutritional Sciences (2)

#### FOUNDATION COURSES: 7-8 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 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 2520 History of Western Dress (3) **WI**, or  
TAM 3700 Multi-Channel Retailing (3)
- Communication: 3 hours**
- \_\_\_\_\_ Choose from COMMUN 1200 (double dip in Humanities),  
COMMUN 3571, 3575

\* Courses in these categories must be completed with a grade of C- or better.

# NUTRITIONAL SCIENCES (PRE-MED PROGRAM)

## Nutritional Sciences Professional Program

To enter the Nutritional Sciences Program, students are required to have a minimum GPA of 2.65 and be enrolled in at least one required biology, chemistry, physics, or biochemistry course OR one required NEP course per semester to be eligible. All \* courses must be completed with a grade of 2.0 or better. Degree Program Requirements include General Education courses, HES College requirements, and Professional Program courses. Electives or supportive courses complete the 120 hours required for the degree.

### Science Foundation (29 - 35 hours)

<sup>1</sup>These courses also may meet General Education requirements.

- \_\_\_\_\_ BIO SC 1500 Introduction to Biological Systems (5)
- \_\_\_\_\_ CHEM 1320 General Chem I (4)
- \_\_\_\_\_ CHEM 1330 General Chemistry II (4)
- \_\_\_\_\_ CHEM 2100 Organic Chemistry I (3)
- \_\_\_\_\_ <sup>1</sup>CHEM 2110 Organic Chemistry II (3) **and**
- \_\_\_\_\_ <sup>1</sup>CHEM 2130 Organic Lab (2)
- \_\_\_\_\_ PHYSCS 1210 College Physics I (4) **and**
- \_\_\_\_\_ PHYSCS 1220 College Physics II (4) **or**
- \_\_\_\_\_ PHYSCS 2750 **and** 2760 University Physics (10)

### Math & Statistics Requirements

- \_\_\_\_\_ <sup>1</sup>MATH 1400 Calculus for Social and Life Sciences (3) **or**
- \_\_\_\_\_ MATH 1500 Analytic Geometry and Calculus I (5)
- \_\_\_\_\_ <sup>1</sup>ESC PS 4170 Introduction to Educational Stat (3)

### Communications Requirement

- \_\_\_\_\_ COMMUN 1200 Public Speaking (3)

### Core Curriculum (34 hours)

- \_\_\_\_\_ <sup>1</sup>BIO SC 2200 General Genetics (4)
- \_\_\_\_\_ BIO SC 2300 Introduction to Cell Biology (4)
- \_\_\_\_\_ BIOCH 4270 Biochemistry (3)
- \_\_\_\_\_ BIOCH 4272 Biochemistry (3)
- \_\_\_\_\_ MPP 3202 Elements of Physiology (5) **or**
- \_\_\_\_\_ BIO SC 3700 Animal Physiology (5)
- \_\_\_\_\_ \*NEP 2340 Human Nutrition I (3) (sp)
- \_\_\_\_\_ \*NEP 2450 Nutrition Throughout the Life Span (3) (sp)
- \_\_\_\_\_ \*NEP 4340 Human Nutrition II Lecture (3) (f)
- \_\_\_\_\_ \*NEP 4360 Nutrition Assessment (3) (f)
- \_\_\_\_\_ \*NEP 4950 Capstone: Research in Nutr. Sciences (2) (f)
- \_\_\_\_\_ \*NEP 4951 Nutrition Research Communications (WI) (1)

### Professional Electives (10 hours)

- \_\_\_\_\_ BIOCHM 4280 Biochem of Human Disease (3)
- \_\_\_\_\_ BIOCHM 4974 Biochemistry Lab(5)
- \_\_\_\_\_ BIO SC 4976 Molecular Biology (3)
- \_\_\_\_\_ CHEM 3200 Quantitative Methods of Analysis with Lab (4)
- \_\_\_\_\_ FS 4310 Food Chemistry and Analysis (3)
- \_\_\_\_\_ FS 4370 Food Microbiology (3)
- \_\_\_\_\_ MATH 1700 Calculus II (5) **or**
- \_\_\_\_\_ MATH 2100 Calculus for Social and Life Sciences II (3)
- \_\_\_\_\_ MICROB 3200 ntro. to Medical Microb & Immun. (4)
- \_\_\_\_\_ MPP 4202 Medical Physiology (4)
- \_\_\_\_\_ MPP 4204 Medical Pharmacology (5)
- \_\_\_\_\_ \*NEP 2460 Eating Disorders (2) (f)
- \_\_\_\_\_ \*NEP 3131 International Nutr & Ex Phys (study abroad) (3)
- \_\_\_\_\_ \*NEPS 4370 Nutrition Therapy I (3) (sp)
- \_\_\_\_\_ \*NEP 4590 Community Nutrition (3) (su)
- \_\_\_\_\_ PTH AS 2201 Elementary Anatomy Lecture (3)

Total of 120 credits Minimum

<sup>1</sup>These courses require a grade of C- or higher.

<sup>2</sup>These courses require a grade of C or higher.

# Nutritional Sciences (Pre-med program)

## Sample Course Guide

### Fall I

<sup>1</sup> American Government	3
<sup>1</sup> CHEM 1320 College Chem I	4
ENGLSH 1000 Expos & Argumentation	3
GN HES 1100 Intro to Human Env Sc	1
MATH 1400 Calc for Social & Life Sci I or <sup>2</sup> MATH 1500 Analytic Geom & Calc I	3-5
<b>Total</b>	<b>14-16</b>

### Fall II

<sup>1</sup> BIO SC 2200 General Genetics	4
CHEM 2100 Organic Chemistry I	3
Elective	3
Humanities (recommend Phil 2440 Medical Ethics)	3
HES Foundation Course (WI) recommended	3
<b>Total</b>	<b>16</b>

### Fall III

<sup>1</sup> BIOCHM 4270 Biochemistry	3
MPP 3202 Human Phys. or Bio 3700 Animal Phys.	5
<sup>3</sup> NEP 4360 Nutritional Assessment (f)	3
PHYSCS 1210 Physics I	4
<b>Total</b>	<b>15</b>

### Fall IV

Elective	3
Elective	3
NEP 4340 Human Nutrition II	3
NEP 4950 Capstone: Research in Nutritional Science (f)	2
Professional Elective	3
<b>Total</b>	<b>14</b>

### Spring I

BIO SC 1500 Intro Bio Systems with lab	5
CHEM 1330 College Chem II	4
Professional Electives	3-5
Social/Behavioral Science (Psych 1000)	3
<b>Total</b>	<b>15-17</b>

### Spring II

Bio Sc 2300 Intro to Cell Biology	4
CHEM 2110 Organic Chem II	3
CHEM 2130 Organic Chem I Lab	2
NEP 2340 Human Nutrition I (sp)	3
Social/Behavioral Science	3
<b>Total</b>	<b>15</b>

### Spring III

BIOCHM 4272 Biochemistry	3
Esc Ps 4170 Intro to Applied Stat	3
Humanities	3
NEP 2450 Nutrition Throughout the Life Span	3
PHYSCS 1220 Physics II	4
<b>Total</b>	<b>16</b>

### Spring IV

<sup>1</sup> Comm 1200 Public Speaking	3
Elective	3
HES Foundation Course	3
NEP 4951 Nutrition Research Communication (WI) (sp)	1
Professional Electives	3
<b>Total</b>	<b>13</b>

<sup>1</sup>These courses also may meet General Education requirements.

<sup>2</sup>Prerequisites include a grade of C- or better in Math 1160 or both 1100 & 1140 or sufficient ALEKS score.

<sup>3</sup>Prerequisites include Psych 1000