Degree Requirements for:

**PHYSICAL ACTIVITY, NUTRITION AND HUMAN PERFORMANCE**

PANHP does not require an application or have a pre-program status. Students may declare the major and emphasis area by indicating it when they apply to MU and enter directly into the program. After the first semester at MU, students must have a minimum of a 2.0 cumulative GPA to declare the program.

There are specific grade requirements for most courses within the emphasis, these are outlined below.

**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)
- 3CHEM 1320 College Chem I with Lab (4)
- 3CHEM 2030 Survey of Organic Chemistry (3)
- CHEM 2130 Organic Chem Lab (recommended) (2)
- ESC PS 4170 Intro to Applied Statistics, or STAT 1200 Intro Statistical Reasoning, or
- 1MPP 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)
- NEP 1340 Introduction to Exercise and Fitness (3)
- NEP 1485 Career Exploration in Exercise Science (1)
- NEP 3450 Activity Throughout the Lifespan (3)
- NEP 3550 Corporate, Community and Personal Fitness (3)
- NEP 3850W Physiology of Exercise (3)
- NEP 4200 Sports Performance and Conditioning (3)
- NEP 4860 Exercise Prescription (3)

1These courses require a grade of C or higher.

2These courses require a grade of C- or higher.

**Supporting Area (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.

1NEP:

- 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 Adolescence 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.

Effective Fall 2018
# Physical Activity, Nutrition & Human Performance Sample Course Guide

## FIRST YEAR - FALL SEMESTER

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIO SC 1010/1020 or 1500 Biologyw/Lab</td>
<td>5</td>
</tr>
<tr>
<td>GN HES 1100 Intro to HES</td>
<td>1</td>
</tr>
<tr>
<td>HES Foundation</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1100 College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>NEP 1340 Introduction to Exercise and Fitness (f)</td>
<td>3</td>
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## FIRST YEAR - SPRING SEMESTER

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>AM. History or Government</td>
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<tr>
<td>CHEM 1320 College Chem I with Lab</td>
<td>4</td>
</tr>
<tr>
<td>ENGLISH 1000 Exposition and Argumentation</td>
<td>3</td>
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<tr>
<td>Humanities</td>
<td>3</td>
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<tr>
<td>NEP 1485 Careers in Exercise Science (sp)</td>
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## SECOND YEAR - FALL SEMESTER

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<thead>
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<th>Course</th>
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<tbody>
<tr>
<td>CHEM 2030 Survey of Organic Chemistry (f)</td>
<td>3</td>
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<tr>
<td>CHEM 2130 Organic Chem Lab (recommended)</td>
<td>2</td>
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<tr>
<td>COMM 1200 Public Speaking</td>
<td>3</td>
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<tr>
<td>PTH AS 2201 Human Anatomy Lecture</td>
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<tr>
<td>PTH AS 2203 Human Anatomy Lab (recommended)</td>
<td>2</td>
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<tr>
<td>Social/Behavioral Science (PSYCH 1000 recommended)</td>
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<td><strong>Total</strong></td>
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## SECOND YEAR - SPRING SEMESTER

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<tbody>
<tr>
<td>BIOCHM 3630 Gen Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>MPP 3202 Elements of Physiology</td>
<td>5</td>
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<tr>
<td>NEP 2340 Human Nutrition I (sp)</td>
<td>3</td>
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<tr>
<td>Social/Behavioral Science (NEP 2222 recommended)</td>
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## THIRD YEAR - FALL SEMESTER

<table>
<thead>
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<th>Course</th>
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<tbody>
<tr>
<td>Statistics</td>
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<tr>
<td>Humanities</td>
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<tr>
<td>NEP 2380 Diet Theapy for the Health Professional</td>
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<tr>
<td>NEP 3450 Activity Throughout the Lifespan (f, sp)</td>
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<tr>
<td>NEP 3850W Physiology of Exercise (f)</td>
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## THIRD YEAR - SPRING SEMESTER

<table>
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<tbody>
<tr>
<td>Electives</td>
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<tr>
<td>NEP 2450 Nutrition Throughout the Lifespan (su, sp)</td>
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<tr>
<td>NEP 3550 Corp., Community and Personal Fitness (sp)</td>
<td>3</td>
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<tr>
<td>NEP 4200 Sports Performance and Conditioning (sp, su)</td>
<td>3</td>
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<td>Supporting Area</td>
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<td><strong>Total</strong></td>
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## FOURTH YEAR - FALL SEMESTER

<table>
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<th>Course</th>
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<tbody>
<tr>
<td>Electives</td>
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<tr>
<td>HES Foundation (WI recommended)</td>
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<tr>
<td>HTH PR 4250 Human Kinesiology (f, su)</td>
<td>3</td>
</tr>
<tr>
<td>NEP 4970 Capstone: Sports Nutrition (f)</td>
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<tr>
<td>Supporting Area</td>
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## FOURTH - SPRING SEMESTER

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

(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