



Nutrition & Exercise Physiology

University of Missouri

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)
- _____ ²CHEM 1320 College Chem I with Lab (4)
- _____ ²CHEM 2030 Survey of Organic Chemistry (3) (f)
- _____ CHEM 2130 Organic Chem Lab (recommend) (2)
- _____ ¹MPP 3202 Elements of Physiology (5) **or**
_____ BIO SC 3700 Animal Physiology (5)
- _____ ¹PTH AS 2201 Human Anatomy Lecture (3)
- _____ PTH AS 2203 Human Anatomy Lab (recommended) (2)

Math & Statistics

- _____ ²Math 1100 College Algebra (3)
- _____ ESC PS 4170 Intro to Applied Statistics, or
_____ STAT 1200 Intro to Statistical Reasoning

Communications Requirement

- _____ COMMUN 1200 Public Speaking (3)

Emphasis Core Requirements

¹Nutritional Sciences (11 hrs)

- _____ NEP 2340 Human Nutrition I (3) (sp)
- _____ NEP 2380 Diet Therapy for the Health Professional (3)
- _____ NEP 2450 Nutrition Throughout the Lifespan (3) (sp, su)
- _____ NEP 4970 Capstone: Sports Nutrition (2) (f)

Exercise Physiology

- _____ Ph_Thr 4250 Human Kinesiology (3) (f)
- _____ ¹NEP 1340 Introduction to Exercise and Fitness (3) (f)
- _____ ¹NEP 1485 Career Exploration in Exercise Science (1) (sp, su)
- _____ ¹NEP 2140 Exercise Practicum 1 (3) (f)
- _____ ¹NEP 3450 Activity Throughout the Lifespan (3)
- _____ ¹NEP 3550 Corporate, Community and Personal Fitness(3)(sp)
- _____ ²NEP 3850W Physiology of Exercise (3) (f)
- _____ ¹NEP 4200 Sports Performance and Conditioning (3) (sp)
- _____ ¹NEP 4860 Exercise Prescription (3) (sp)

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 3001/4001 Topics (1-3 hrs)
(not offered every semester)
- _____ NEP 2460 Eating Disorders (3) (f)
- _____ NEP 3131 International Nutrition and Exercise Physiology
(Study Abroad; may double dip in Humanities) (3) (su)
- _____ NEP 3390 Teaching and Counseling (2) (sp)
- _____ NEP 3420 Inactivity and Chronic Disease (3) (sp)
- _____ NEP 4340 Human Nutrition II (3) (f)
- _____ NEP 4360 Nutritional Assessment (3) (f)
- _____ NEP 4370 Nutrition Therapy I (3) (sp)
- _____ NEP 4480 Pediatric Exercise Physiology (3) (f)
- _____ NEP 4550 Exercise is Medicine (2) (sp)
- _____ NEP 4590 Community Nutrition (3) (f)
- _____ NEP 4750 Cardiopulmonary Rehabilitation (3) (sp)
- _____ NEP 4940 Internship in Nutritional Science and Exercise
Physiology (3)

Other Areas:

- _____ BIO SC 2200 Genetics (4)
- _____ 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)
- _____ MICROBIO 3200 Microbiology (4)
- _____ Physics 1210 or 1220 (4)
- _____ 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 2020

Physical Activity, Nutrition & Human Performance

Sample Course Guide

FIRST YEAR - FALL SEMESTER

BIO SC 1010/1020 or 1500 Biology w/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

FIRST YEAR - SPRING SEMESTER

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

SECOND YEAR - FALL SEMESTER

CHEM 2030 Survey of Organic Chemistry (f)	3
CHEM 2130 Organic Chem Lab (recommended)	2
COMM 1200 Public Speaking	3
NEP 2140 Exercise Practicum 1 (f)	3
PTH AS 2201 Human Anatomy Lecture	3
PTH AS 2203 Human Anatomy Lab (recommended)	2
Total	16

SECOND YEAR - SPRING SEMESTER

BIOCHM 3630 Gen Biochemistry	3
MPP 3202 Elements of Physiology or BIO SC 3700 Animal Physiology	5
NEP 2340 Human Nutrition I (sp)	3
Social/Behavioral Science (Psych 1000 recommended)	3
Total	14

THIRD YEAR - FALL SEMESTER

Statistics	3
Humanities	3
NEP 2380 Diet Therapy for the Health Professional	3
NEP 3450 Activity Throughout the Lifespan	3
NEP 3850W Physiology of Exercise (f)	3
Total	15

THIRD YEAR - SPRING SEMESTER

Social Behavioral (NEP 2222 recommended)	3
Elective	3
NEP 2450 Nutrition Throughout the Lifespan (su, sp)	3
NEP 3550 Corp., Community and Personal Fitness (sp)	3
Supporting Area	3
Total	15

FOURTH YEAR - FALL SEMESTER

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

FOURTH - SPRING SEMESTER

Electives	6
NEP 4200 Sports Performance and Conditioning (sp)	3
NEP 4860 Exercise Prescription (sp)	3
Supporting Area	3
Total	15

(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

Gen Ed <https://generaleducation.missouri.edu/requirements/>

HES Foundation Options

<http://catalog.missouri.edu/undergraduategraduate/collegeofhumanenvironmentalsciences/#undergraduatetext>