

Mizzou introduces two new online fitness programming and management programs

Fitness professionals, and those who aspire to become fitness professionals, have two new options for continuing their education and turning their passion into a career. Mizzou's Department of Nutrition and Exercise Physiology is now accepting applications for a bachelor's and an undergraduate certificate in fitness programming and management. The 100% online programs focus on learning practical, hands-on skills related to health, wellness, fitness, business and how to work with different populations.

Focused on business

The 120-credit-hour bachelor's program contains a business minor as part of the degree, providing students the problem-solving skills and industry knowledge that most fitness professionals lack. These additional skills can help graduates stand out from the competition when job searching or starting their own business.

The undergraduate certificate is designed for students that aren't ready to jump into a full bachelor's program, or students who may already have a bachelor's degree and want to utilize the certificate to boost their résumé. This 15-credit-hour program combines fitness/exercise curriculum with business courses. Students who earn the certificate can apply their credit hours toward the full bachelor's degree if they choose.

Applicable course work

In addition to essential business practices, the fitness programming and management programs will sharpen students' understanding of health/wellness coordination, strength coaching and sports performance strategies. Course work includes exercise and fitness, accounting, activity through the lifespan, microeconomics and macroeconomics, and more.

Students can take what they learn and apply it directly to their daily work, or prepare to take a national certification — Certified Personal Trainer (ACSM-CPT), Group Exercise Instructor (ACSM-GEI), Certified Strength and Conditioning Specialist (NSCA-CSCS) or Tactical Strength and Conditioning Facilitators® (TSAC-F®).

These programs benefit those currently employed, or seeking employment, as online fitness instructors, certified personal trainers, group exercise instructors, fitness consultants and more.

Flexible and affordable

These accredited programs are 100% online; a flexible experience for students with full-time jobs or other responsibilities. Course work is developed and taught by award-winning instructors that teach on Mizzou's campus.

The tuition for the programs is affordable, and nonresidents pay a minimal fee. Awards are available for those pursuing the bachelor's — a 10% reduction off base tuition for military/veteran students or transfer students from one of Missouri's community colleges.

Apply today

The online fitness programming and management programs are currently accepting applications for the Fall 2021 semester, with classes beginning in August. To learn more and apply, visit online.missouri.edu/fitness-undergrad