



This transfer guide is intended to help you prepare for your transfer from Southeastern Community College to the Bachelor of Science in Fitness Programming and Management at MU. *This plan is not a substitute for academic advising.* This is for general education requirements all majors need to complete. Additional program requirements may be needed. Please contact a program advisor for further information.

Contact Information

School of Health Professions
Student Services | 101 Lewis Hall
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Transfer Admission Requirements

To meet the general admission requirements at Mizzou, you must:

- Have 24 or more completed college-level credits with a 2.5 GPA and either
 - a C- or better in a transferable math course (intermediate algebra or higher or statistics) or
 - a C- or better in a transferable English comp course (English comp 1 or higher).
- Meet MU's freshman admission requirements and have a 2.5 GPA in college-level transferable coursework. (No requirement on the number of completed college-level credits.)
- Have a 2.0 GPA from a regionally accredited Missouri community college, and either
 - an associate of arts (AA) degree or
 - the Missouri Core 42 designation from a regionally accredited Missouri college.

Note: Transfer students are not eligible for test-optional admission. View the [transfer application steps page](#) to learn more about the application process.

Other Resources

Check the following web sites for current course descriptions, prerequisites, course equivalencies and other specific details about the degree:

- 1) College Catalog (<http://majors.missouri.edu>)
- 2) Transfer Admission (<http://transfer.missouri.edu>)
- 3) Transfer Equivalencies (<https://www.transferology.com/school/missouri> or <http://transfercourses.missouri.edu>)
- 4) General Education (<http://generaleducation.missouri.edu>)

About the Program

The Bachelor of Science in Fitness Programming and Management (FPM) program is a 100% online degree program, and no campus visits are required. This program prepares students to take a national certification as a 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®).

Check the program website for more information at: <https://online.missouri.edu/degrees-programs/mu/health-professions/fitness-programming-and-management/bs>.

How to use this Guide

Listed below are the courses required for general education at The University of Missouri. Use this document along with a major template (if available) and our [Mizzou Equivalency page](#) to guide you. Work with your academic advisor to select courses that meet your Mizzou major and your current institution requirements.



General Education

University of Missouri		Southeastern Community College		
DONE	COURSE	CREDITS	EQUIVALENT COURSE CREDITS	CREDITS
English Exposition & Argumentation (3 Credits)				
	ENGLISH COMP I	3	ENG 105 Composition I	3
	ENGLISH 1000 Exposition & Argumentation	3	ENG 106 Composition II	3
Math & Quantitative Reasoning (3 Credits)				
	STAT 1200 Introductory Statistical Reasoning	3	MAT 156 Statistics	3
Biological, Mathematical, and/or Physical Science (9 Credits) Including At Least One Lab				
	BIO SC 1030	5	BIO 105 Introductory Biology	4
	NEP 1034	3	BIO 151 Nutrition	3
	CHEM 1100 or CHEM 1320	4	CHM 122 Introduction to General Chemistry or CHM 165 General Chemistry I	4
Social and Behavioral Sciences (9 credits) / American History or Government Requirement <i>Two disciplines must be represented.</i>				
<i>One course (3 Credits) should be American History or Government to fulfill the state's history/Constitution (civics) requirement.</i> Select one American History or Government option from below.				
	HIST 1100 Survey American History to 1865	3	HIS 151 US History to 1877	3
	HIST 1200 Survey of American History Since 1865	3	HIS 152 US History Since 1877	3
	POL_SC 1100 American Government	3	POL 111 American National Government	3
<i>The remaining six hours must be selected. Options could be:</i>				
	SOCIAL/BEHAVIORAL SCIENCES	6	PSY 111 Introduction to Psychology PSY 121 Developmental Psychology PSY 241 Abnormal Psychology PSY 251 Social Psychology SOC 110 Introduction to Sociology SOC 212 Diversity SOC 240 Criminology	6
Humanities/Fine Arts (9 credits) <i>Two disciplines must be represented.</i>				
	COMM 1200	3	SPC 112 Public Speaking	3
<i>Options to fulfill remaining 6 hours could be:</i>				
	HUMANITIES/FINE ARTS	6	ART 208 Introduction to Native American Art History HUM 287 Leadership Development Studies MUS 204 History of Rock & Roll PHI 101 Introduction to Philosophy PHI 105 Introduction to Ethics REL 101 Survey of World Religions	6
Depth of Knowledge – Select a course from 2 of 3 areas: Biological/Physical/Mathematical Sciences, Humanities/Fine Arts, or Social/Behavioral Sciences <i>Select a 200-level course from Social/Behavioral Science and one 200-level course Humanities/Fine Arts categories.</i>				



Program and Core Requirements

A GPA OF 2.0 OR HIGHER IS REQUIRED.

Only courses that have an equivalent at Southeaster Community College are included in this list. For a comprehensive list of requirements, contact umcshpadvising@missouri.edu.

DONE	University of Missouri		Southeastern Community College	
	COURSE	CREDITS	EQUIVALENT COURSE CREDITS	CREDITS
	PTH AS 2201 & 2203	5	BIO 168 Human Anatomy & Physiology I	4
	MPP 3500	3	BIO 173 Human Anatomy & Physiology II	4

***Note:** there is not a direct equivalency on transfer to MU’s Human Anatomy and Human Physiology. However, if a combined Anatomy & Physiology I and II or separate Human Anatomy and Human Physiology courses are successfully completed elsewhere and transferred to University of Missouri, these will be accepted as meeting the intention of Pth As 2201/2203 and MPP 3500 program requirements for Fitness Programming & Management.

****Note:** courses identified in the transfer guide have direct equivalencies and assist students in meeting University general education and FPM program requirements. Other courses that are part of the SCC AA or AS degree may transfer to MU as general electives to assist students in reaching the 120 required hours for graduation.