The Construction Engineering Technology program began in 1957 in the Division of Industrial Arts in the College of Education and Psychology as an Architectural Drafting major at the Mississippi Southern College. Dr. Zed H. Burns, Chairman of the Division of Industrial Arts, initiated the program in response to the need for draftsmen by engineers and architects.

In 1960, architectural design was taught in six quarters and in 1962 the Architectural Drafting program increased the emphasis on architecture with nine quarters of architectural design. In 1966 the first of three courses in building construction were introduced.

In 1967, the name of the program was changed to Architectural Technology, and in 1970, the newly named Department of Industrial and Technical Education began teaching courses in building construction, drafting, and surveying. Many of the graduates of the program were employed by the construction industry and the curriculum evolved to accommodate this. Courses in mechanical and electrical systems for buildings were added to the curriculum in 1971. This was also the year in which the Department first taught professional practice and specifications.

In 1973 the industry was surveyed to determine their acceptance of technology programs such as industrial, mechanical, chemical, and construction. Eighty– two percent of those surveyed stated that they would employ graduates of these programs. As a result, the University formed a Center for Technological Studies in the new College of Science and Technology.

Building Construction Technology [BCT] first appeared in the 1974–75 catalog as one of the ten "career-oriented" programs of the college.

In 1976 two new academic departments were formed, the Department of Industrial Technology and the Department of Construction and Architectural Technology. Both departments later became part of the reorganized College of Science and Technology. The emphasis on construction management was reflected in the 1976 with the listing of courses in construction project management and construction planning and scheduling. Courses in soil mechanics and foundations, and concrete and formwork were added in 1979.

In 1988, the Department of Engineering Technology and the Department of Construction and Architectural Engineering Technology were merged to form the School of Engineering Technology. Construction Engineering Technology became one of six programs within the School (with the acronym BCT).

In 2004, three programs separated from the School of Engineering Technology to form a new School of Construction. They were Architectural Engineering Technology (ACT), Construction Engineering Technology (BCT), and Industrial Engineering Technology (IET).

In 2006, the Construction Engineering Technology program offered its first online course, AEC 204 (Materials & Methods). The Construction Engineering Technology degree program developed into a fully online degree program and in 2009 the first online Construction Engineering Technology major to graduate was from California.

In 2017, the School was renamed to the School of Construction + Design because of the focus on Architectural Design and the inclusion of Interior Design in 2008.

In 2019, the Construction Engineering Technology program was renamed to Construction Management. The Industrial Engineering Technology degree program moved to a different School in July 2019.