

NUTRITION FOR EXERCISE AND SPORT MINOR

This minor is offered by the Department of Nutritional Sciences in cooperation with the Departments of Allied Health Sciences and Kinesiology.

Requirements

Students interested in earning the minor will need to complete prerequisite coursework for required courses. Prerequisites include NUSC 1165 Fundamentals of Nutrition; PNB 2264 Human Physiology and Anatomy, PNB 2265 Human Physiology and Anatomy; and MCB 2000 Introduction to Biochemistry. All students are required to complete a minimum of 18 credits for the minor.

Required Courses

Course	Title	Credits
NUSC 4236	Nutritional Biochemistry and Metabolism	4
NUSC 4250	Nutrition for Exercise and Sport	3
KINS 4500	Exercise Physiology	3
KINS 4510	Advanced Topics in Health and Sport Performance	3
Select two of the following:		6
NUSC 4260	Dietary Supplements and Functional Foods	
NUSC 4299	Independent Study	
KINS 3098	Variable Topics	
KINS 3099	Independent Study for Undergraduates	
KINS 3320	Exercise Psychology	
KINS 3530	Aerobic Training for Health and Performance	
KINS 3545	Resistance Training for Health and Performance	
AH 3101	Health and Wellness for Life	
AH 3231	Program Planning for Health Promotion	
AH 3234	Fitness for Health	
Total Credits		19

Students must earn a combined grade point average of 2.5 or higher for all courses listed above.

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