

# SPORTS NUTRITION, MINOR

## Program Overview

This minor program will meet the unique needs and interests of students who are specifically seeking more detailed information related to the interplay between nutrition and sports; that is, this minor program includes information specifically tailored to students in the areas of macronutrient utilization and micronutrients cofactors, including vitamins, and trace and ultra-trace minerals, and the effects on sports performance, body composition, and related health issues.

## Undergraduate Policies

For undergraduate policies and procedures, please review the Undergraduate Academics section of the General Bulletin.

## Program Requirements

Nutrition majors are not eligible for this minor.

Non Nutrition majors may only take one minor: Environmental Nutrition, Food Systems Sustainability and Health minor, Nutrition minor or Sports Nutrition minor.

Code	Title	Hours
<b>Required Courses:</b>		
NTRN 201	Nutrition	3
NTRN 362	Exercise Physiology and Macronutrient Metabolism	3
NTRN 363	Human Nutrition I: Energy, Protein, Minerals	3
NTRN 388	Seminar in Sports Nutrition	3
<i>Choose one of the following:</i>		3
NTRN 300	Healthy Lifestyles as Preventive Medicine	
NTRN 338	Dietary Supplements	
NTRN 361	Metabolic Dysregulation of Energy from Obesity to Anorexia	
NTRN 364	Human Nutrition II: Vitamins	
<b>Total Hours</b>		<b>15</b>