

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 Office of Undergraduate Studies section of the General Bulletin.

Program Requirements

Nutrition majors are not eligible for this minor.

Non Nutrition majors may only take one minor: either Minor in Nutrition, Minor in Sports Nutrition, or Minor in Environmental Nutrition.

Code	Title	Hours
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
One course chosen from the following list:		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	
Total Hours		15