SPORTS NUTRITION MINOR

The Department of Exercise Science and Physical Education and the Department of Nutrition and Food Studies offer a 18-21 credit sports nutrition minor available to all undergraduate students interested in the interrelationship between nutrition and fitness. The aim is to provide students with an understanding of how optimal nutrition is critical for enhancing fitness and athletic performance, and to fill gaps in knowledge between sport training and nutritional support for students interested in careers with overlapping involvement of exercise and nutrition to promote health and human performance.

CONTACT INFORMATION

For further information, please contact the Department of Exercise Science and Physical Education at 973-655-5253 or the Department of Nutrition and Food Studies at 973-655-6681. To add this minor please see Mr. Saavedra, department administrator, in UN 4141.

Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tr>
<td></td>
<td>Required Courses</td>
<td>9-10</td>
</tr>
<tr>
<td>PEMJ 131</td>
<td>Fitness Activities</td>
<td></td>
</tr>
<tr>
<td>NUFD 182</td>
<td>Nutrition: A Socioecological Perspective</td>
<td></td>
</tr>
<tr>
<td>or NUFD 192</td>
<td>Nutrition with Laboratory</td>
<td></td>
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<tr>
<td>NUFD 270</td>
<td>Nutrition for Fitness</td>
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<tr>
<td>or EXSC 270</td>
<td>Nutrition for Fitness</td>
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<tr>
<td></td>
<td>Electives</td>
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<td>Based on your major, complete 9-11 semester hours from one of the 9-11 lists below:</td>
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<td>Total Credits</td>
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<tr>
<td></td>
<td>Nutrition and Food Science Majors</td>
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<tr>
<td></td>
<td>Electives</td>
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<tr>
<td>EXSC 233</td>
<td>Leadership in Aerobic Exercise</td>
<td>3</td>
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<tr>
<td>EXSC 234</td>
<td>Leadership in Anaerobic Exercise</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 430</td>
<td>Exercise for Special Populations</td>
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<tr>
<td>NUFD 295</td>
<td>Nutrition and Physical Activity for Older Adults</td>
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<td>NUFD 388</td>
<td>Nutrition for Community Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 468</td>
<td>Sports Nutrition</td>
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<tr>
<td>PEMJ 320</td>
<td>Physiology of Exercise</td>
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<tr>
<td>PEMJ 321</td>
<td>Kinesiology</td>
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<tr>
<td>NUFD 295</td>
<td>Nutrition and Physical Activity for Older Adults</td>
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<td>NUFD 381</td>
<td>Applied Nutrition in the Lifecycle</td>
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<td>NUFD 388</td>
<td>Nutrition for Community Fitness Programs</td>
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<tr>
<td>NUFD 412</td>
<td>Nutrition Education Techniques</td>
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<td>NUFD 468</td>
<td>Sports Nutrition</td>
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<tr>
<td>NUFD 482</td>
<td>Nutrition Counseling</td>
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All Other Majors

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