# SPORTS NUTRITION MINOR

## Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Required Courses</strong></td>
<td></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</td>
<td>NUFD 192 Nutrition with Laboratory</td>
<td></td>
</tr>
<tr>
<td>NUFD 270</td>
<td>Nutrition for Fitness</td>
<td></td>
</tr>
<tr>
<td>or</td>
<td>EXSC 270 Nutrition for Fitness</td>
<td></td>
</tr>
<tr>
<td><strong>Electives</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Based on your major, complete 9-11 semester hours from one of the 9-11 lists below.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Total Credits</strong></td>
<td>18-21</td>
</tr>
</tbody>
</table>

### Nutrition and Food Science Majors

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Electives</strong></td>
<td></td>
</tr>
<tr>
<td>EXSC 233</td>
<td>Leadership in Aerobic Exercise</td>
<td>3</td>
</tr>
<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>
<td>3</td>
</tr>
<tr>
<td>NUFD 295</td>
<td>Nutrition and Physical Activity for Older Adults</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 388</td>
<td>Nutrition for Community Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 470</td>
<td>Selected Topics in Nutrition and Food Science</td>
<td>1-3</td>
</tr>
<tr>
<td>PEMJ 320</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>PEMJ 321</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

### Exercise Science Majors

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Electives</strong></td>
<td></td>
</tr>
<tr>
<td>NUFD 295</td>
<td>Nutrition and Physical Activity for Older Adults</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 381</td>
<td>Applied Nutrition in the Lifecycle</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 388</td>
<td>Nutrition for Community Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 412</td>
<td>Nutrition Education Techniques</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 470</td>
<td>Selected Topics in Nutrition and Food Science</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 482</td>
<td>Nutrition Counseling</td>
<td>3</td>
</tr>
</tbody>
</table>

### All Other Majors

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXSC 233</td>
<td>Leadership in Aerobic Exercise</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 234</td>
<td>Leadership in Anaerobic Exercise</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 295</td>
<td>Nutrition and Physical Activity for Older Adults</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 381</td>
<td>Applied Nutrition in the Lifecycle</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 388</td>
<td>Nutrition for Community Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 412</td>
<td>Nutrition Education Techniques</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 470</td>
<td>Selected Topics in Nutrition and Food Science</td>
<td>1-3</td>
</tr>
<tr>
<td>NUFD 482</td>
<td>Nutrition Counseling</td>
<td>3</td>
</tr>
<tr>
<td>PEMJ 320</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>PEMJ 321</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>