

# 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

Code	Title	Credits
<b>Required Courses</b>		<b>9-10</b>
PEMJ 131	Fitness Activities	
NUFD 182	Nutrition: A Socioecological Perspective	
	or NUFD 192 Nutrition with Laboratory	
NUFD 270	Nutrition for Fitness	
	or EXSC 270 Nutrition for Fitness	

### Electives

Based on your major, complete 9-11 semester hours from one of the 9-11 lists below:

<b>Total Credits</b>	<b>18-21</b>
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### Nutrition and Food Science Majors

Code	Title	Credits
<b>Electives</b>		
EXSC 233	Leadership in Aerobic Exercise	3
EXSC 234	Leadership in Anaerobic Exercise	3
EXSC 430	Exercise for Special Populations	3
NUFD 295	Nutrition and Physical Activity for Older Adults	3
NUFD 388	Nutrition for Community Fitness Programs	3
NUFD 468	Sports Nutrition	3
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3

### Exercise Science Majors

Code	Title	Credits
<b>Electives</b>		
NUFD 295	Nutrition and Physical Activity for Older Adults	3
NUFD 381	Applied Nutrition in the Lifecycle	3
NUFD 388	Nutrition for Community Fitness Programs	3
NUFD 412	Nutrition Education Techniques	3
NUFD 468	Sports Nutrition	3
NUFD 482	Nutrition Counseling	3

### All Other Majors

Code	Title	Credits
EXSC 233	Leadership in Aerobic Exercise	3
EXSC 234	Leadership in Anaerobic Exercise	3
NUFD 295	Nutrition and Physical Activity for Older Adults	3
NUFD 381	Applied Nutrition in the Lifecycle	3
NUFD 388	Nutrition for Community Fitness Programs	3
NUFD 412	Nutrition Education Techniques	3
NUFD 468	Sports Nutrition	3
NUFD 482	Nutrition Counseling	3
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3