

# SPORTS NUTRITION MINOR

## Program Requirements

Code	Title	Credits
<b>Required Courses</b>		9-10
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	
<b>Electives</b>		
Based on your major, complete 9-11 semester hours from one of the 9-11 lists below:		
Total Credits		18-21

### 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 470	Selected Topics in Nutrition and Food Science	1-3
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 470	Selected Topics in Nutrition and Food Science	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 470	Selected Topics in Nutrition and Food Science	1-3
NUFD 482	Nutrition Counseling	3
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3