

Exercise and Sports Nutrition (Minor)

The exercise and sports nutrition minor will provide students with specific coursework and experience to understand the science of nutrition as it applies to exercise and sports participation. Students complete a range of courses, demonstrate an understanding of evidenced-based practice, as well as integrate nutrition into both their major research requirements and internships. Students will also be well prepared to complete specific sports nutrition-related certification exams.

Note: This minor provides significant content in the area of nutrition, but is not equivalent to the didactic education for registered dietitian supervised practice eligibility or other advanced nutrition certification or licensure.

Department: Exercise Science

Type: Minor

Select one set of courses

Item #	Title	Credits
	CHEM 102 and CHEM 103	8
	CHEM 121 and CHEM 122	8

Select one of the following

Item #	Title	Credits
HSCI 321	Applied Biostatistics (Q)	3
INT 222	SOCIAL SCIENCE STATISTICS (Q)	3

Required Courses

Item #	Title	Credits
EXSS 201	INTRODUCTION TO EXERCISE SCIENCE (P)	3
HSCI 200	SCIENCE OF HUMAN NUTRITION	3
EXSS 320	EXERCISE & SPORTS NUTRITION	3
	Total credits:	20