

SPORTS NUTRITION, MINOR

Requirements for a minor may be completed at any campus location offering the specified courses for the minor. Students may not change from a campus that offers their major to a campus that does not offer their major for the purpose of completing a minor.

Program Description

The sports nutrition minor is designed for students who have an interest in applying nutrition principles to sport or other physically demanding professions (i.e., athletic trainer, coach, tactical positions in armed forces and or public services, etc.) that may require an understanding of nutrition, the basic competencies involved in sports, nutrition, or a need to communicate with specialized nutrition professionals (i.e., sports dietitians). In this minor, students will learn about nutrition recommendations that can be shared with athletes and other professions. This minor is designed for students who are in majors that relate to human performance sciences.

Program Requirements

Requirement	Credits
Requirements for the Minor	18

Requirements for the Minor

A grade of C or better is required for all courses in the minor, as specified by Senate Policy 59-10 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/59-00-minors-and-certificates/>). In addition, at least six credits of the minor must be unique from the prescribed courses required by a student's major(s).

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
HM 230	Principles of Food Production Management	3
NUTR 251	Introductory Principles of Nutrition	3
NUTR 358	Assessment of Nutritional Status	3
NUTR 407	Nutrition for Exercise and Sports	3
NUTR 487	Advanced Performance Nutrition	3
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
KINES 160N or KINES 350	Fitness with Exercise Physiology Exercise Physiology	3

Contact

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