

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.