

SPORTS NUTRITION PROGRAM GUIDE: NUTRITION AND FOOD SCIENCE MAJORS

I. Required Courses			Cr.
Pre- Or Coreq	Number	Title	
<i>None</i>	PEMJ 131	Fitness Activities (meets Gen Ed 2002)	3
<i>None</i>	NUFD 182 or 192	Nutrition: A Socioecological Perspective (meets Gen Ed 2002) or Nutrition with Laboratory (meets Gen Ed 2002)	3-4
<i>NUFD 182 or NUFD 192</i>	NUFD 270/EXSC 270	Nutrition for Fitness	3

Required Credits Subtotal **9-10**

II. Elective Courses (Select courses from the Elective Courses list below)		Cr.
A. _____	_____	
B. _____	_____	
C. _____	_____	

Elective Credits Subtotal **9-11**

TOTAL CREDITS **18-21**

** Elective Courses			
Pre- Or Coreq	Number	Title	
<i>PEMJ 131</i>	EXSC 231	Fitness Assessment and Exercise Prescription	4
<i>PEMJ 131</i>	EXSC 233	Aerobic Exercise Leadership	3
<i>PEMJ 131</i>	EXSC 234	Leadership in Anaerobic Exercise	3
<i>BIOL 240 I OR BIOL 243*</i>	PEMJ 320	Physiology of Exercise	4
<i>BIOL 240 I OR BIOL 243*</i>	PEMJ 321	Kinesiology	3
<i>PEMJ 320*</i>	EXSC 430	Exercise for Special Populations	3
<i>NUFD 182 OR NUFD 192</i>	NUFD 295	Nutrition and Physical Activity for Older Adults	3
<i>NUFD 270/EXSC 270*</i>	NUFD 388	Nutrition for Community Fitness Programs	3
<i>NUFD 381</i>	NUFD 470	Selected Topics in Nutrition and Food Science: Sports Nutrition	3

* Prerequisites for Sports Nutrition minor only

** Students enrolled in NUFS majors must select elective courses that are not required as part of their major.

