

NUTRITION FOR HUMAN PERFORMANCE MINOR

The Minor in Nutrition for Human Performance examines the relationship between nutrition, physical performance, and overall health related to sports. Topics encompass improving dietary habits and nutritional needs to ensure lifelong health, identifying dietary supplements and functional foods, including misconceptions, and applying strategies that motivate clients to follow nutrition guidelines. This minor complements the kinesiology major.

Course Requirements for the Minor

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Course	Title	Units
BIOL 104	Human Physiology	4
KINE 323	Exercise Physiology	4
NFSC 303	Nutrition and Physical Fitness	3
NFSC 365	Nutrition Counseling and Education	3
NFSC 403	Sports Nutrition	3
Select one of the following:		3
KINE 320W	Foundations of Exercise and Sport Psychology (W)	
KINE 335	Youth Fitness	
KINE 390	Principles of Strength and Conditioning	
KINE 505	Exercise Behavior and Adherence	
NFSC 360	Nutrition Throughout the Life Cycle	
Total Units		20