

SPORTS NUTRITION MINOR CHECKLIST

Catalog Year 2018-2019

Required Courses - 13 units

(Complete 13 units; see prerequisites below)

Intro to Human Nutrition

NSC 101 (3) _____

Sports Nutrition

NSC 315 (3) _____

Physical Activity & Health Promotion

NSC 320 (3) _____

Advanced Sports Nutrition

NSC 415R (3) _____

Advanced Sports Nutrition Lab

NSC 415L (1) _____

Required Electives - 6 units

(Complete a minimum of 6 units)

Intro to Biosensors and Mobile Health *

ABE 270 (3) _____

The Lifecycle of Elite Athletes *

MGMT 357 (3) _____

Obesity Prevention

NSC 311 (3) _____

Bioactive Compounds

NSC 376 (3) _____

Body Composition

NSC 445 (3) _____

Applied Sports Nutrition Workshop

NSC 497A (3) _____

Human Performance Pharmacology *

PHCL 442 (3) _____

Exercise and Environmental Physiology *

PSIO 420 (3) _____

Sport, Adolescents and Schools *

TLS 356 (3) _____

SPORTS NUTRITION MINOR PREREQUISITES:

- Complete NSC 101 prior to upper division courses.
- Complete NSC 315 prior to taking NSC 415R/L
- NSC 415R & NSC 415L must be taken concurrently.
- Complete NSC 415R & NSC 415L prior to taking NSC 497A.
- Complete PSIO 201 & PSIO 202 prior to taking NSC 445.

Minimum units required: 19

Units completed: / 19

Note 1: Additional majors and minors may affect this coursework. Please check with an NSC advisor to confirm all minor requirements have been met.

*Note 2: For enrollment assistance in a course outside of nutrition, please contact the respective department.

SPORTS NUTRITION MINOR NUTRITION SPECIFIC COURSE OFFERINGS

SEMESTER

COURSE NAME

COURSE

Pre-Session

Intro to Human Nutrition

NSC 101

Intro to Human Nutrition

NSC 101

Summer 1

Sports Nutrition

NSC 315

Bioactive Compounds

NSC 376

Summer 2

Intro to Human Nutrition

NSC 101

*Intro to Human Nutrition

NSC 101

*Sports Nutrition

NSC 315

Physical Activity & Health Promotion

NSC 320

Fall

Advanced Sports Nutrition

NSC 415R

Advanced Sports Nutrition Lab

NSC 415L

*Body Composition

NSC 445

Applied Sports Nutrition Workshop

NSC 497A

*Intro to Human Nutrition

NSC 101

Obesity Prevention

NSC 311

Spring

*Sports Nutrition

NSC 315

Physical Activity & Health Promotion

NSC 320

Advanced Sports Nutrition

NSC 415R

Advanced Sports Nutrition Lab

NSC 415L

Applied Sports Nutrition Workshop

NSC 497A

Winter

Intro to Human Nutrition

NSC 101

*** 7 Week Course**