

*SPORTS
NUTRITION
MINOR*

DEPARTMENT OF NUTRITIONAL SCIENCES



• SPORTS NUTRITION MINOR •



THE BENEFITS



EXPLORE SOMETHING NEW

If you are interested in the field of sports nutrition, but are uncertain if you want to make it your career, a minor is a great start!



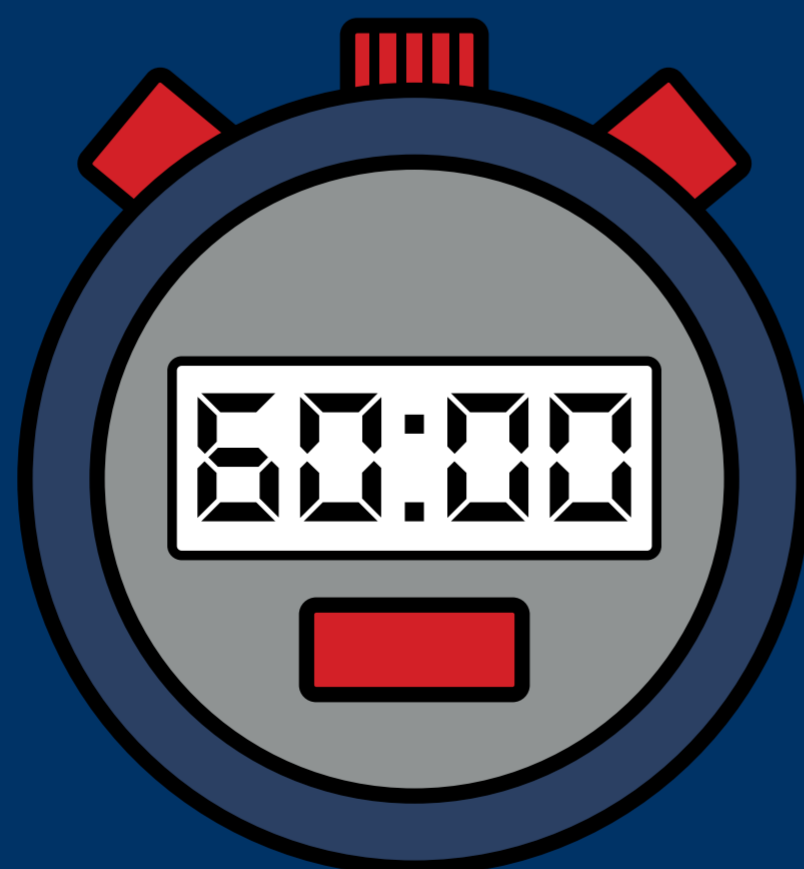
FOLLOW YOUR PASSION

If you are interested in food, sports, and nutrition, and how they affect athletic performance, a minor is a great way to learn more about this topic!



ALTERNATIVE TO A MAJOR

If you are passionate about sports nutrition, but are not sure if the NSC major is right for you, consider the minor!



COMPETITIVE EDGE

In today's job market, adding a minor will increase your experience, in addition to making you a well-rounded applicant, as sports nutrition is relevant to many different careers!



ADD SUBSTANCE

A sports nutrition minor may complement your major and increase your skill set!



IMPORTANT

SPORTS NUTRITION MINOR INFORMATION

19 TOTAL NSC UNITS REQUIRED

NSC 101 should be completed before the 300 level Sports NSC courses

NSC 101, NSC 315, NSC 320, NSC 415R and NSC 415L are **required** core courses

2 Sports Nutrition Minor Electives are required for a total of 6 units

Courses approved for the minor can be taken during the academic year and online in the summer.



NSC CORE COURSES

Required Courses for Sports Nutrition Minor 13 Units

NSC 101 Introduction to Human Nutrition (3 Units): Covers the principles of human nutrition. Topics include digestion, absorption, metabolism, vitamins, minerals, life cycle nutrition and food safety.

NSC 315 Sports Nutrition (3 Units): The course will span basic physiology as it applies to nutrition and sport, nutrient utilization, body composition, & application of nutrition for different sports in training & competition. It will look at strategies for optimal performance in endurance, court & power sports. Practical applications & guest lectures will be included.

NSC 320 Nutrition, Physical Activity and Health Promotion (3 Units): This course is designed to build the knowledge and practical skills needed to motivate, communicate, and effect positive nutrition, physical activity, and health behavioral changes in the general population. Students will learn to create nutrition programs, perform physical fitness assessments, set realistic health goals, build rapport, and identify weight management challenges. In addition, this course prepares students for the American Council on Exercise (ACE) Personal Training Certification Exam and the ACE Health Coach Certification Exam.

NSC 415R Advanced Sports Nutrition (3 Units): This course will use nutritional science and physiology to focus on sport specific competition and training nutritional challenges and issues. Content will include the nutritional and physiological requirements of various sports; sport specific cultural influences that affect attitudes towards nutrition; and nutritional challenges faced by athletes training and competing in different sports. This course will also include a review of dietary intake methodologies; body composition assessment; diet analysis; and training table and residence hall menu development and assessment.

NSC 415L Advanced Sports Nutrition Lab (1 Unit): Lab will use nutritional science and physiology to focus on sport specific menu and food needs for athletes. Content will include menu development and analysis of various menus, recipes and cookbooks designed for athletes. This will encompass designing specific food products and menus that are appropriate for specific sport activities that have special nutritional challenges during training and competition. This course will also include training on dietary and body composition assessment tools, allowing students to use that knowledge while assessing both body composition and food intake of an athlete.



NSC ELECTIVE COURSES

Approved for Sports Nutrition Minor

NSC 311 Obesity Prevention: NSC 101 prerequisite. The goal of this course is to present a systems approach to obesity prevention - i.e. understanding the complex task of trying to change the way people eat, move, and live, and sustaining those changes over time.

NSC 376 Bioactive Compounds & Food Additives: NSC 101 prerequisite. Bioactive food compounds (BAFC) are components in food that have biological activity in the body, yet have no disease associated with their absence. Food additives are usually meant to affect a food quality, but by proxy can also have biological effects on the body.

NSC 445 Body Composition: NSC 101 and PSIO 202 prerequisites. This course explores the theoretical and applied aspects of body composition assessment methods. Students will learn about the limitations and usefulness of laboratory and field methods of assessing body composition in healthy, clinical and athletic population subgroups.

NSC 497A Applied Sports Nutrition Workshop: NSC 101, NSC 315, NSC 415R/L prerequisites. The workshop will provide students with the opportunity for hands-on experiential learning in the field of Sports Nutrition. Sports Nutrition students will learn to conduct dietary intake assessments; practice menu development for athlete training tables, create recipe nutrient analyses, and observe University athlete training tables; create sports nutrition cooking demonstrations and nutrition education materials/presentations for athletes; learn and practice body composition assessment and analysis techniques; and observe athletes during training to better understand the physical demands of various sports.

OTHER ELECTIVE COURSES

ABE 270 - Intro to Biosensors & Mobile Health (3 Units)

MGMT 357 - Life Cycle of Elite Athletes/Life During & After Sports (3 Units)

PHCL 442 Human Performance Pharmacology (3 Units)

PSIO 420 Exercise & Environmental Physiology (3 Units)

TLS 356 Sports, Adolescents, and Schools (3 Units)

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

CORE COURSE SEQUENCING

Intro to Human Nutrition

NSC 101 is the first core nutrition course.

Sports Nutrition

NSC 315 requires NSC 101 as a prerequisite. NSC 315 is the second core prerequisite

Advanced Sports Nutrition

NSC 415R and NSC 415L require NSC 101 and NSC 315 as prerequisites. NSC 415R and NSC 415L are the third core courses. Concurrent enrollment is required in NSC 415R and NSC 415L.



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Nutritional Sciences

Sports

NUTRITION CLUB

The Sports Nutrition Club is a student run organization made up of students who are interested in the science of nutrition as it relates to athletes and athletic performance. Our mission is to study, apply and share evidence based sports nutrition knowledge and practices on the university campus and in the Tucson community.

The SNC creates opportunities for students to broaden their sports nutrition knowledge through, group activities, guest speakers, and experiential learning. The SNC members will participate in campus and community sports, health, and fitness events, sports team talks, and other related activities. There will be one club meeting and one club activity each month that club members can attend.

<https://nutrition.cals.arizona.edu/sports-nutrition-club>



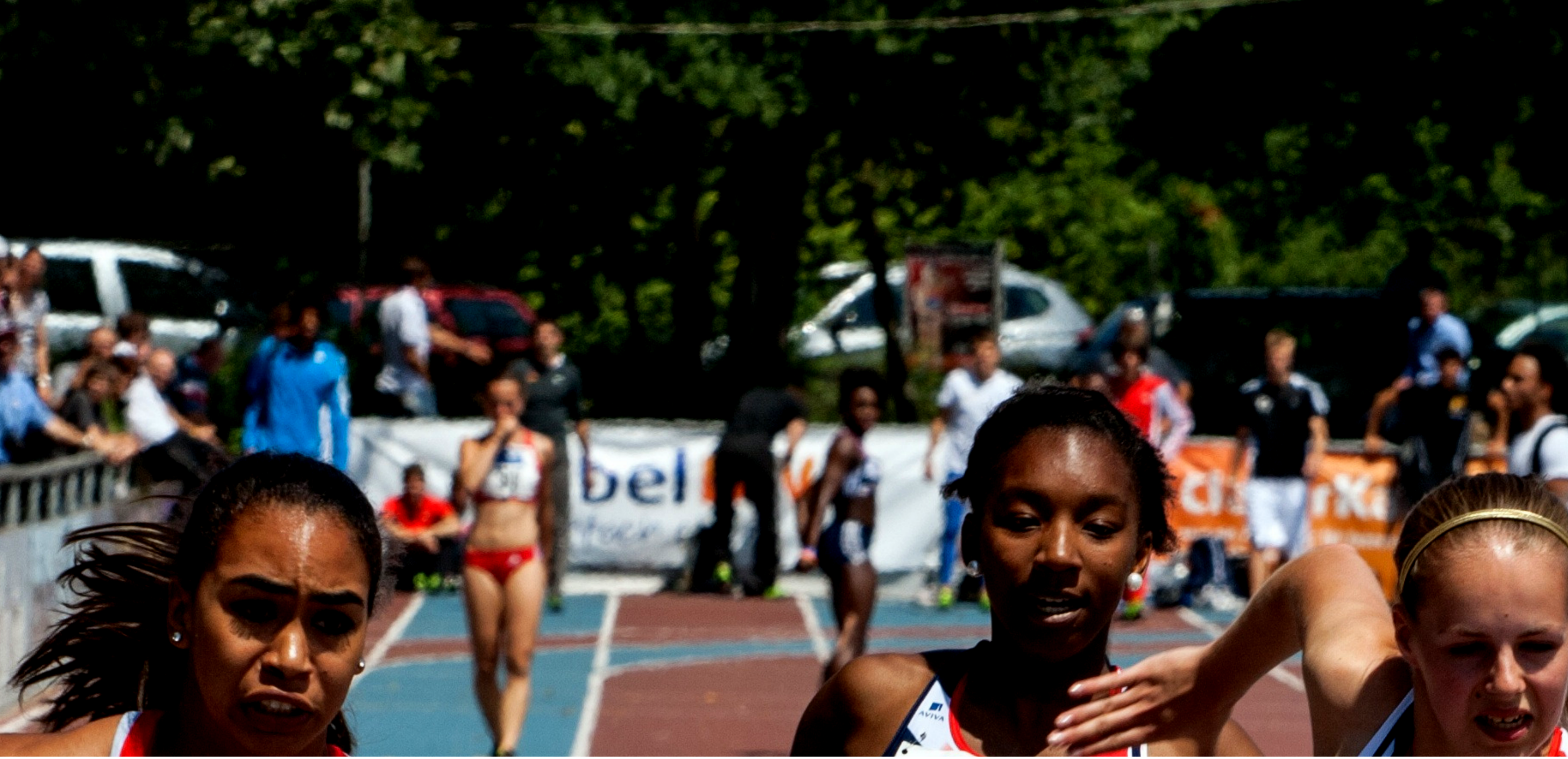


THINK NUTRITION

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WHAT ARE YOU WAITING FOR?

*declare a
sports nutrition minor
today!*

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