

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.

What is Sports Nutrition?

The Sports Nutrition minor is designed for students interested in applying advanced nutrition principles to sport, athletics, and physically demanding professions, including tactical roles in the armed forces and public service. This program emphasizes how nutrition influences performance, recovery, and overall health in active populations at all levels of athletics including high school, college, and professional.

Students will also develop foundational competencies for effectively communicating with athletic support teams such as coaches, athletic trainers, strength and conditioning staff, and sports dietitians and learn how evidence based nutrition integrates into training and performance environments. The curriculum also prioritizes critical thinking related to dietary supplements, marketing practices, and the communication of complex scientific concepts to the public. This minor is especially well suited for students majoring in fields related to human health, human performance, kinesiology, or other disciplines where understanding the relationship between nutrition and physical performance enhances professional preparation.

You Might Like This Program If...

- You are pursuing a career in human performance or health, such as kinesiology, exercise science, athletic training, physical therapy, or strength and conditioning.
- You work with or aspire to work with athletes at the high school, collegiate, or professional level.
- You plan to enter physically demanding or tactical professions, including the armed forces, firefighting, emergency medical services, or law enforcement.
- You want to deepen your own understanding of sports nutrition and apply these principles to your personal training or athletic pursuits.