

SPORTS NUTRITION

Brian P. Edlbeck	Clinical Assistant Professor
Jamie L. Krzykowski	Clinical Assistant Professor

Program Goals: The overall goal of the Sports Nutrition minor is to provide the student with information on the combination of sound nutrition and exercise principles to improve both sports performance and health. A further goal is to give the student tools to make decisions on sports nutrition information presented in the popular media and effectively work with a client on unique sports related needs.

Learning Outcomes for Sports Nutrition

Upon completion of the sports nutrition minor program, the individual:

1. Will be able to effectively evaluate popular nutrition claims.
2. Will be able to identify and evaluate related research.
3. Will be able to effectively assess a client's needs and prescribe appropriate nutrition and exercise programs.
4. Will be able to communicate effectively to the client.

Sports Nutrition Minor (Major not offered)

Courses required for the Minor		Credits
CHE 208	Nutrition	3
OR		
HED 201	Nutrition	2
ESC 210	Exercise Testing and Prescription	3
ESC 201	Sports Nutrition	4
ESC 202	Advanced Sports Nutrition	4
ESC 303	Nutrition Assessment and Prescription	3
ESC 304	Nutrition and Fitness for Special Populations	3
ESC 305	Supplements for Sport Performance	2
Total Credits		21-22

Sports Nutrition Minor Timetable

Year	Fall	January	Spring	May
Freshman			BIO 140*	
Sophomore	CHE 208 (or HED 201)		ESC 210	
Junior	ESC 201	ESC 303	ESC 202	ESC 304
Senior		ESC 305		

*Prerequisite for ESC 210 and Advanced Sports Nutrition