

SPORTS NUTRITION MINOR

The Department of Exercise Science and Physical Education and the Department of Nutrition and Food Studies offer a 18-21 credit sports nutrition minor available to all undergraduate students interested in the interrelationship between nutrition and fitness. The aim is to provide students with an understanding of how optimal nutrition is critical for enhancing fitness and athletic performance, and to fill gaps in knowledge between sport training and nutritional support for students interested in careers with overlapping involvement of exercise and nutrition to promote health and human performance.

For further information, please contact the Department of Exercise Science and Physical Education at **973-655-5253** or the Department of Nutrition and Food Studies at **973-655-6681**. To add this minor please see Mr. Saavedra, department administrator, in UN 4141.

Program Requirements

Code	Title	Credits
Required Courses		9-10
PEMJ 131 or EXSC 131	Fitness Activities Fitness Concepts	
NUFD 182 or NUFD 192	Nutrition: A Socioecological Perspective Nutrition with Laboratory	
NUFD 270 or EXSC 270	Nutrition for Fitness Nutrition for Fitness	
Electives		
Based on your major, complete 9-11 semester hours from one of the 9-11 lists below:		
Total Credits		18-21

Nutrition and Food Science Majors

Code	Title	Credits
Electives		
EXSC 234	Leadership in Anaerobic Exercise	3
EXSC 430	Exercise for Special Populations	3
NUFD 388	Nutrition for Community Fitness Programs	3
NUFD 468	Sports Nutrition	3
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3

Exercise Science Majors

Code	Title	Credits
Electives		
NUFD 285	Nutrition in Chronic Disease Prevention	3
NUFD 381	Applied Nutrition in the Lifecycle	3
NUFD 388	Nutrition for Community Fitness Programs	3
NUFD 410	Policy and Advocacy for Nutrition Based Wellness Programs	3
NUFD 411	Managing Programs	3
NUFD 412	Nutrition Education Techniques	3
NUFD 468	Sports Nutrition	3
NUFD 477	Social Marketing in Nutrition	3
NUFD 482	Nutrition Counseling	3

All Other Majors

Code	Title	Credits
EXSC 234	Leadership in Anaerobic Exercise	3
NUFD 285	Nutrition in Chronic Disease Prevention	3
NUFD 381	Applied Nutrition in the Lifecycle	3
NUFD 388	Nutrition for Community Fitness Programs	3
NUFD 410	Policy and Advocacy for Nutrition Based Wellness Programs	3
NUFD 411	Managing Programs	3
NUFD 412	Nutrition Education Techniques	3
NUFD 468	Sports Nutrition	3
NUFD 477	Social Marketing in Nutrition	3
NUFD 482	Nutrition Counseling	3
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3