

### **MINOR INFORMATION:**

- If you're interested in the growing field of sports nutrition, this minor is a great place to start! Adding the sports nutrition minor gives you a competitive edge in today's job market, whether you want to pursue a career in the field or as an additional set of skills to complement your other studies. Experience with sports nutrition is relevant to many different careers, including dietetics, strength conditioning coaching, professional training, tactical strength & conditioning, physical activity research and education, and athletic coaching at all levels.

### **MINOR REQUIREMENTS:**

- Complete nineteen (19) units
- Nine (9) units of the nineteen must be upper division (300-499 level)
- NSC 101 or NSC 170C1 is a recommended first course and is a pre-requisite to the nutrition core courses & the nutrition electives
- NSC 415R & NSC 415L must be taken together

### **MINOR POLICIES:**

- For students who matriculated prior to Spring 2022, per the general education policy, NSC 170C1 may only satisfy one requirement, the Tier I Natural Sciences or Intro to Human Nutrition requirement. If you choose to use NSC 170C1 towards your Tier I Natural Sciences requirement, you will need to take another nutrition elective in its place to reach the required minor units.
- For students who matriculated prior to Spring 2022, a maximum of two Tier Two general education courses may also be used to satisfy the minor requirements.
- For students who matriculated in Spring 2022 or beyond, up to nine (9) units may double count to fulfill requirements in a major, pre-major, minor, and General Education requirement, provided the units are taken in courses that are approved General Education Exploring Perspectives or Building Connections courses.
- The minor electives listed have been approved for the Sports Nutrition minor. No other courses may satisfy the electives requirement, unless approved by your Sports Nutrition minor advisor.

### **DECLARING THE MINOR:**

- Email: [nscadvising@arizona.edu](mailto:nscadvising@arizona.edu) to declare the Sports Nutrition minor.

### **MINOR ADVISING:**

- For general questions, please email: [nscadvising@arizona.edu](mailto:nscadvising@arizona.edu).

### **REQUIRED CORE COURSES (complete thirteen (13) units) :**

- NSC 101 or NSC 170C1 - Introduction to Human Nutrition (3 units)
- NSC 315 - Sports Nutrition (3 units)
- NSC 320 - Physical Activity & Health Promotion (3 units)
- NSC 415R - Advanced Sports Nutrition (3 units)
- NSC 415L - Advanced Sports Nutrition Lab (1 unit)

### **ELECTIVES (complete a minimum of six (6) units) :**

- MGMT 357 - The Lifecycle of Elite Athletes (3 units)
- NSC 312 - Weight Stigma, Nutrition & Health (3 units)
- NSC 332 - Health Coaching (3 units)
- NSC 376 - Bioactive Food Compounds (3 units)
- NSC 445 - Human Body Composition (3 units)
- NSC 497A - Applied Sports Nutrition Workshop (3 units)
- PHCL 442 - Human Performance Pharmacology (3 units)
- PSIO 420 - Exercise and Environmental Physiology (3 units)
- TLS 201 - Using Physical Activity to Explore the Human Body (3 units)
- TLS 356 - Sport, Adolescents and Schools (3 units)

### **PLAN YOUR MINOR COURSES HERE:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_ (upper division)
- 3) \_\_\_\_\_ (upper division)
- 4) \_\_\_\_\_ (upper division)
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_

\_\_\_\_\_ /19 units

Minimum units required: 19

Upper division units required: 9

\*This is provided as a guide only. Please meet regularly with your Sports Nutrition minor advisor to monitor your progress.\*