

# Minor in Nutritional Sciences

## REQUIRED INTRODUCTORY COURSE

### **Intro to Human Nutrition**

NSC 101 (3)\_\_\_\_\_or NSC 170C1\*(3) \_\_\_\_\_

The minor requires 18 units. You are required to take an introductory nutrition course.

\*Per the gen-ed policy, NSC 170C1 is only able to satisfy one requirement (Tier I Nats or NSC Minor course). If you choose to use NSC 170C1 towards your Tier I NATS requirements, you will need to take another nutrition elective in its place to reach the required minor units.

## NUTRITION MINOR ELECTIVES

*(Complete a minimum of 15 units of electives. NSC 455 is a 6-unit study abroad experience, that can also be completed for honors credit).*

- \_\_\_\_\_ NSC 255 - Food & Culture
- \_\_\_\_\_ NSC 301 - Nutrition & the Life Cycle
- \_\_\_\_\_ NSC 310 - Health & Disease
- \_\_\_\_\_ NSC 315 - Sports Nutrition
- \_\_\_\_\_ NSC 353 - Food Science & Safety
- \_\_\_\_\_ NSC 375 - Diet, Genes & Disease
- \_\_\_\_\_ NSC 376 - Bioactive Food Compounds
- \_\_\_\_\_ NSC 455 - Med Diet & Health Study Abroad

Minimum units required: 18

Upper division units required: 9

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# Minor in Sports Nutrition

## REQUIRED CORE COURSES

### **Intro to Human Nutrition**

NSC 101 (3)\_\_\_\_\_or NSC 170C1\*(3) \_\_\_\_\_

### **Sports Nutrition**

NSC 315 (3)\_\_\_\_\_

### **Physical Activity & Health Promotion**

NSC 320 (3)\_\_\_\_\_

### **Advanced Sports Nutrition Lecture & Lab**

NSC 415R (3)\_\_\_\_\_ & NSC 415L (1)\_\_\_\_\_

The minor requires 19 units. You are required to complete 13 core courses and 6 elective units.

\*Per the gen-ed policy, NSC 170C1 is only able to satisfy one requirement (Tier I Nats or NSC Minor course). If you choose to use NSC 170C1 towards your Tier I NATS requirements, you will need to take another nutrition elective in its place to reach the required minor units.

## SPORTS NUTRITION MINOR ELECTIVES

*(Complete a minimum of 6 elective units).*

- \_\_\_\_\_ ABE 270 – Intro to Biosensors & Mobile Health
- \_\_\_\_\_ MGMT 357 – Life Cycle of Elite Athletes
- \_\_\_\_\_ NSC 311 – Obesity Prevention
- \_\_\_\_\_ NSC 376 – Bioactive Compounds
- \_\_\_\_\_ NSC 395B – Health Coaching (Summer only – New elective!)
- \_\_\_\_\_ NSC 445 – Body Composition
- \_\_\_\_\_ NSC 497A – Applied Sports Nutrition Workshop
- \_\_\_\_\_ PHCL 442 – Human Performance Pharmacology
- \_\_\_\_\_ PSIO 420 – Exercise Physiology
- \_\_\_\_\_ TLS 356 – Sports, Adolescents & Schools

Minimum units required: 19

Upper division units required: 10

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