

# University of Connecticut, College of Agriculture, Health and Natural Resources

## Plan of Study for Minor in Nutrition for Exercise and Sport

Name of Student: \_\_\_\_\_ Major: \_\_\_\_\_

Student ID: \_\_\_\_\_ Month & Year of Anticipated Graduation: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_@uconn.edu

**CATALOG STATEMENT:** This minor has been established in cooperation with the Departments of Kinesiology and Allied Health Sciences. Students interested in earning the minor will need to complete prerequisite coursework for required courses. These include NUSC 1165, PNB 2264, PNB 2265, and MCB 2000.

**REQUIREMENTS:** All students are required to complete a minimum of 18 credits as outlined below.

Students must complete <u>all</u> of the following courses:	Credits	Semester/Year	Grade
KINS 4500: Physiological Systems in Human Performance	3	____/____	_____
KINS 4510: Mechanisms and Adaptations in Sport and Exercise	3	____/____	_____
NUSC 4236: Principles of Nutrition	3	____/____	_____
NUSC 4250: Nutrition for Exercise and Sport	3	____/____	_____

Students must complete two or more of the following courses for an additional 6 credits:

AH 3231: Program Planning for Health Promotion	3	____/____	_____
AH 3234: Fitness for Health	3	____/____	_____
KINS 3099: Independent Study	1-3	____/____	_____
KINS 3530: Physiological Assessment of Competitive Athletes	3	____/____	_____
NUSC 2241: Nutritional Assessment	1	____/____	_____
NUSC 4299: Independent Study	1-3	____/____	_____

- Students must earn a grade of C or higher in each individual course listed above.
- Students must earn a combined grade point average of 2.5 or higher for all courses listed above.
- Substitutions for minor requirements are not allowed.
- Students must complete all requirements for a baccalaureate degree. Once the minor has been declared, it will appear on the student's transcript.

**MINOR ADVISOR:** For more information on the minor, approval signature to declare the minor, or approval signature on the final minor Plan of Study, please contact Dr. Nancy Rodriguez at [nancy.rodriguez@uconn.edu](mailto:nancy.rodriguez@uconn.edu) or 860-486-3633.

**DECLARATION PROCEDURES:** Students pursuing the minor in Nutrition for Exercise and Sport must officially declare the minor in order to gain access to some required courses. To declare the minor, students must obtain the minor advisor's signature below and submit this form to the CAHNR Academic Programs Office (Young 206).

**FINAL PLAN PROCEDURES:** Students who plan to graduate with a minor in Nutrition for Exercise and Sport must complete the requirements as outlined above and submit a copy of this form to the Registrar along with their final Plan of Study for their major.

**APPROVAL:** Please check the appropriate box below:

- Declaration: Student has discussed minor requirements with minor advisor.
- Final Plan: Student has met with advisor and confirmed that all requirements for this minor have been completed, or will be completed, in order to be eligible for a minor in Nutrition for Exercise and Sport upon graduation.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Minor Advisor Signature

\_\_\_\_\_  
Date