

**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: _____

Email Address: _____

CATALOG STATEMENT: This minor represents the multidisciplinary field of sports nutrition with courses in Departments of Nutritional Sciences, Kinesiology, and Allied Health Sciences.

Prerequisite course requirements: Students *MUST* complete prerequisite coursework (i.e., NUSC 1165, PNB 2264, PNB 2265, and MCB 2000) for respective required courses.

REQUIREMENTS:

Students must complete ALL of these courses:		Credits	Semester/Year	Grade
KINS 4500	Exercise Physiology	3	Fall/	_____
KINS 4510	Adv. Topics in Health and Sports Performance	3	Spring/	_____
NUSC 4236	Nutritional Biochemistry and Metabolism	4	Spring/	_____
NUSC 4250	Nutrition for Exercise and Sport	3	Fall/	_____

Students MUST complete two or more of the following courses for a total of 5 or more additional credits:

AH 3101	Health & Wellness for Life	3	Fall/Spring_____	_____
AH 3231	Program Planning for Health Promotion	3	Fall _____	_____
AH 3234	Fitness for Health	3	Spring _____	_____
KINS 3098	Variable Topics	1-3	Fall/Spring _____	_____
KINS 3099	Independent Study	1-3	Fall/Spring _____	_____
KINS 3320	Exercise Psychology	3	Spring _____	_____
KINS 3530	Aerobic Training for Health & Performance	3	Spring _____	_____
KINS 3545	Resistance Training for Health& Performance	3	Fall_____	_____
NUSC 4260	Dietary Supplements and Functional Foods	3	Fall _____	_____
NUSC 4299	Independent Study	1-3	Fall/Spring _____	_____

Students Completing the Minor Must:

- Earn a grade of “C” (2.0) or higher in each individual course listed above.
- Earn a combined grade point average of 2.5 or higher for all courses listed above.
- Must complete all requirements for a baccalaureate degree.
- Once the minor is declared it will appear on student’s transcript.

MINOR ADVISOR: For additional information on the minor, approval signature to declare the minor, or approval signature on the final Plan of Study for the minor, contact Dr. Michael Puglisi at michael.puglisi@uconn.edu or 860-486-1198.

DECLARATION PROCEDURES: Students should meet with the minor advisor before declaring the minor. Students may declare the minor online at ppc.uconn.edu.

FINAL PLAN PROCEDURES: Students planning to graduate with a minor in Nutrition for Exercise and Sport must complete requirements as outlined above and submit their final Plan of Study through [Student Admin](#).

NOTE: *The Allied Health Sciences major has an eight (8) credit maximum major/minor overlap restriction. Students are advised to confirm course selections with their major advisor as not all courses may also be used to meet major requirements.*