



# SPORTS NUTRITION

DEPARTMENT OF FOOD, NUTRITION,  
DIETETICS AND HEALTH

**KANSAS STATE**  
UNIVERSITY  
College of Health and  
Human Sciences

## OUR PROGRAM

The sports nutrition program focuses on the application of nutrition principles as they relate to sport and human performance. Students will explore how nutrition impacts performance. Graduates will be prepared for careers including sports nutrition, personal training or work in the fitness industry, including product development and research. Students may choose to supplement their academic training with national certification in a specific area including personal trainer, strength and conditioning coach or health coach. Academic plans may also be made for a student to pursue the path to become a Sports Dietitian.

## PROGRAM HIGHLIGHTS

Undergraduate research opportunities • Education abroad opportunities in Guatemala and around the world • Dedicated student organizations for specific health professions • Health professions specific career networking opportunities • Select professional courses available online

## POTENTIAL CAREER SETTINGS

- Sports Teams
- Consulting Firms
- Gyms and Fitness Centers
- Athletic and Health Clubs
- Recreation and Leisure
- Food Industry
- Wellness Centers
- Public and Private Clinics
- Entrepreneur

\*Some careers require additional education

### Contact us:

College of Health and Human Sciences  
785-532-5500 [fndh@k-state.edu](mailto:fndh@k-state.edu)  
[hhs.k-state.edu/fndh](http://hhs.k-state.edu/fndh)

### Schedule a visit:

K-State Admissions  
785-532-1521 [K-state@K-state.edu](mailto:K-state@K-state.edu)  
[k-state.edu/admissions/visit](http://k-state.edu/admissions/visit)

# BACHELOR OF SCIENCE IN SPORTS NUTRITION

## SPORTS NUTRITION

*Sample course sequence guide*

### Fall

Expository Writing 1  
General Chemistry & Lab  
Basic Nutrition  
College Algebra  
Biobehavioral Basis of Physical Activity

# 1

**17 hours**

### Spring

General Psychology  
Principles of Biology  
Principles of Macroeconomics  
Public Speaking I  
Introduction to Nutrition & Health Professions  
Introduction to Well-being  
Community Well-being

**16 hours**

### Fall

Anatomy & Physiology  
Chemistry II  
Social Well-being  
Financial Well-being  
Humanities Elective

# 2

**16 hours**

### Spring

Physiology of Exercise  
Expository Writing II  
Organic Chemistry  
Human Nutrition  
Physical Well-being  
Career Well-being

**14 hours**

### Fall

Research Methods  
Science of Food  
Introduction to Statistics  
FNDH Upper-Level Elective  
Humanities Elective

# 3

**16 hours**

### Spring

Nutritional Assessment  
Life Span Nutrition  
Sport & Exercise Psychology  
General Biochemistry  
FNDH Upper-Level Elective

**13-15 hours**

### Fall

Clinical Nutrition I  
Sports Nutrition  
Principles of Exercise Training  
Unrestricted Elective  
Unrestricted Elective

# 4

**13 hours**

### Spring

Nutrient Metabolism  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective

**15 hours**

120 hours are required for degree completion. The College of Health and Human Sciences requires a "C" or higher in Professional Studies courses. The K-State-8 requirements are automatically calculated through this program of study.