



SPORTS NUTRITION

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.

This program is offered on the Manhattan campus and through K-State Online.

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 •

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 hhs@k-state.edu
hhs.k-state.edu

Schedule a visit:

K-State Admissions
785-532-1521 apply@k-state.edu
k-state.edu/admissions/visit



BACHELOR OF SCIENCE IN SPORTS NUTRITION

SPORTS NUTRITION

Sample course sequence guide

Fall

Chemistry I
Basic Nutrition
Introduction to Nutrition & Health Professions
Biobehavioral Basis of Physical Activity

1

Spring

Principles of Biology
Math & Statistics Course
Public Speaking I
Social Science Course
Expository Writing I

14 hours

16 hours

Fall

Anatomy & Physiology
OR
Human Body I & II
Science of Food
Social Science Course
Well-being 1: You & Community

2

Spring

Physiology of Exercise
Expository Writing II
Introduction to Organic & Biochemistry
Nutritional Assessment

16 hours

14 hours

Fall

Natural & Physical Science Course & Lab
Principles of Exercise Training
FNDH Upper-Level Elective
Arts & Humanities Course
Unrestricted Elective

3

Spring

Human Nutrition
FNDH Upper-level Elective
Counseling Strategies in Dietetic Practice
Nutritional Education & Program Planning
Well-being 2: Mind & Body
Unrestricted Elective

16 hours

15 hours

Fall

Clinical Nutrition I
Nutrient Metabolism
Sports Nutrition
Unrestricted Elective
Unrestricted Elective

4

Spring

Research Methods in Health Sciences
Life Span Nutrition
Arts & Humanities Course
Well-being 3: Money & Meaning
Unrestricted Elective
Unrestricted Elective
Unrestricted Elective

15 hours

14 hours

120 hours are required for degree completion. The College of Health and Human Sciences requires a "C" or higher in professional studies courses.