Name: _____

ID: _____

SPORTS NUTRITION

SPTNU

Bachelor of Science in Sports Nutrition

Department of Food, Nutrition, Dietetics & Health
College of Health and Human Sciences
Kansas State University

>GENERAL STUDIES (50-57 HOURS)

>Communications (8-9 hours)

	ENGL	100	(3)	Expos Writing I
	ENGL	200	(3)	Expos Writing II

One of the following two courses

	COMM	105	(2)	Public Speaking IA
		OR		
	COMM	106	(3)	Public Speaking 1

>Social Science (6 hours)

	ECON	110	(3)	Prin of Macroecon
		OR		
	ECON	120	(3)	Prin of Microecon
	PSYCH	110	(3)	Gen Psychology
		OR		
	SOCIO	211	(3)	Intro Sociology

>Humanities (6 hours)

Only course of 3 credits or more

>Quantitative Studies (6-7 hours)

	MATH	100	(3)	College Algebra
		OR		
	MATH	150	(3)	Plane Trigonometry
		OR		
	MATH	220	(4)	Analy Geom/Calc I
	STAT	325	(3)	Intro to Statistics

>Integrative Health & Human Sciences Core (3 hours)

	HHS	100	(1)	WB 1: You & Community
	HHS	200	(1)	WB 2: Mind & Body
	HHS	300	(1)	WB 3: Money & Meaning

>Sciences (21-26 hours)

	BIOL	198	(4)	Prin of Biology
	BIOL	441	(4)	Human Body I
		AND		
	BIOL	442	(4)	Human Body II
		OR		
	KIN	360	(8)	Anatomy & Physiology
	CHM	110	(3)	Gen Chemistry **and**
	CHM	111	(1)	Gen Chemistry Lab
		OR		
	CHM	210	(4)	Chemistry I
	CHM	230	(4)	Chemistry II
		AND		
	CHM	350	(3)	Org Chemistry
		AND		
	BIOCH	521	(3)	Gen Biochem
		OR		
	BIOCH	265	(5)	Intro Org/Biochem

UNRESTRICTED ELECTIVES (14-21 HOURS)

(Only 100-799 level undergraduate courses may be applied)

☐ **Additional URE Available**

120 Hours Required for Graduation

>Grades of C or higher are required.

> PROFESSIONAL STUDIES (49 HOURS)

(Grades of 'C' or higher required)

>Sports Nutrition Core (43 hours)

	FNDH	115	(3)	Intro Hlth & Nutr Professns
	FNDH	132	(3)	Basic Nutrition
	FNDH	400	(3)	Human Nutrition
	FNDH	413	(4)	Science of Food
	FNDH	450	(2)	Nutr Assessment
	FNDH	510	(2)	Life Span Nutrition
	FNDH	540	(2)	Nutr Education & Prog Plng
	FNDH	575	(1)	Res in Health Sciences
	FNDH	620	(3)	Nutr Metabolism
	FNDH	631	(3)	Clinical Nutrition I
	FNDH	635	(3)	Sports Nutrition
	KIN	220	(4)	Biobehav Bases/Phys Act
	KIN	335	(4)	Physiology/Exercise
	KIN	380	(3)	Princ of Exer Training
	KIN	594	(3)	Sport/Exercise Psych
		OR		
	EDCI	300	(3)	Sci Princ of Coaching

>Upper-level FNDH Courses (6 hours) (300-level or above only)

College of Health and Human Sciences requires **a "C" or higher in "Professional Studies" courses, and the K-State 8 requirements must be met.**

University & Board of Regents Requirements - All students:

- A maximum of 60 credits from an accredited two-year institution may be used toward degree requirements (half of the credits required).
- Must complete at least 30 K-State resident credits for degree consideration.
- Must complete at least 15 of the last 30 upper level hours at K-State.
- A minimum of 45 hours must be at a course level of 300 or above.

☐ **K-STATE 8 REQUIREMENTS MET**

Gr Chk _____ Initial _____

Fall 2023