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

Contact us:
College of Health and Human Sciences
785-532-5500  fndh@k-state.edu
hhs.k-state.edu/fndh

Schedule a visit:
K-State Admissions
785-532-1521  K-state@K-state.edu
k-state.edu/admissions/visit
# Bachelor of Science in Sports Nutrition

## Sample Course Sequence Guide

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

**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

**16 hours**

### Spring
- Physiology of Exercise
- Expository Writing II
- Organic Chemistry
- Human Nutrition
- Humanities Elective
- Physical Well-being
- Career Well-being

**17 hours**

### Fall
- Research Methods
- Science of Food
- Introduction to Statistics
- Plane Trigonometry
- FNDH Upper-Level Elective

**16 hours**

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

**16-18 hours**

### Fall
- Clinical Nutrition I
- Sports Nutrition
- Principles of Exercise Training
- FNDH Upper-Level Elective
- Unrestricted Elective

**15 hours**

### Spring
- Nutrient Metabolism
- Unrestricted Elective
- Unrestricted Elective
- Unrestricted Elective
- Unrestricted Elective

**15 hours**

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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 requirements are automatically calculated through this program of study.