

Name: \_\_\_\_\_  
ID: \_\_\_\_\_

**SPORTS NUTRITION**  
**SPTNU**  
**Bachelor of Science**

College of Health and Human Sciences  
Kansas State University  
CURRICULUM GUIDE

**K-STATE CORE (34 HOURS)**

\*K-State Core Course List: <https://www.k-state.edu/provost/kstate-core/>

**English (6 hours)**

ENGL 100 (3) Expos Writing I

ENGL 200 (3) Expos Writing II

**Communications (3 hours)** One of the following courses

COMM 106 (3) Public Speaking 1

COMM 109 (3) Public Speaking 1A, Honors

**Math and Statistics (3 hours)**

Math Pathway Course: STAT 225 Intro to Statistics

**Natural and Physical Sciences (4-5 hours)**

One Subject area only, must include a lab

**Social Science (6 hours)**

At least 2 courses in 2 subject areas

**Arts and Humanities (6 hours)**

At least 2 courses in 2 subject areas

**Free Electives (6 hours)**

Any 100 or 200 level courses may apply.

☐ K-STATE CORE MET

**University Degree Requirements**

Please refer to the University Handbook (Section F121) for Kansas Board of Regents (KBOR) and university requirements that all undergraduate students must meet: <https://www.k-state.edu/provost/universityhb/fhsecf.html#undergraduatedegree requirements>

**> PROGRAM REQUIREMENTS (73 HOURS)**

>Grades of 'C' or higher required for Program Requirements. If any of the following courses are applied toward K-State Core requirements, please consult your advisor on additional courses to meet the 120 hours.

**>HHS Courses (3 Hours)**

HHS 100 (1) WB 1: You & Community

HHS 200 (1) WB 2: Mind & Body

HHS 300 (1) WB 3: Money & and Meaning

**>Major Support Courses (21 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

BIOCH 265 (5) Intro Org/Biochem

CHM 210 (4) Chemistry I

STAT 225 (3) Intro to Statistics\*\*

**>Professional Courses: Sports Nutrition (49 Hours)**

FNDH 115 (3) Intro Hlth & Nutr Professns

FNDH 132 (3) Basic Nutrition

FNDH 313 (4) Science of Food

FNDH 400 (3) Human Nutrition

FNDH 450 (2) Nutr Assessment

FNDH 510 (2) Life Span Nutrition

FNDH 515 (3) Counseling Strats in DT Practice

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

**>Upper-level FNDH Courses (6 hours)**

**UNRESTRICTED ELECTIVES (13 HOURS)**

Only 100-799 level undergraduate courses may be applied

Additional URE Available

>Grades of C or higher are required.

**120 Hours Required for Graduation**

Gr Chk

Initial

Fall 2025

\*Please refer to the DARS audit for official application of credits.

\*\*If not met through K-State Core Requirements, STAT 225 is required.