

SPORT AND EXERCISE NUTRITION (BA)

The BA Exercise and Sport Nutrition major is ideal if you possess diverse interests spanning public health, sports and fitness, and nutrition education. This

specialized degree is structured to significantly enhance the skills and knowledge of aspiring nutrition professionals through rigorous training in evidence-based research and relevant coursework. Central to the program is developing adeptness in communication and management. Our comprehensive approach ensures you are well-prepared to make a substantial and lasting impact in your field of expertise.

General Education Requirements

All degree seeking undergraduate students must complete the general education (<http://catalog.csp.edu/undergraduate/academic-information/general-education-requirements/>) requirements.

Degree Requirements

A Bachelor of Arts degree consists of a major of typically 30 to 44 credits or two minors, general education courses, upper-level requirements, and elective courses totaling a minimum of 120 credits.

Code	Title	Credits
KHS 318	Applied Nutrition	3
KHS 340	Functional Anatomy	3
KHS 405	Health Psychology	3
KHS 473	Biomechanics	4
KHS 474	Exercise Physiology	4
KHS 498	Internship	3
NDMX 225	Food Economics	3
NDMX 300	Lifecycle Nutrition I	3
NDMX 325	Lifecycle Nutrition II	3
NDMX 400	Medical Nutrition Therapy	3
Total Credits		32