

# Minor in Nutrition and Fitness (18 credits)

Nutrition, Health and Sport Science Department

Name _____	ID# _____
Email _____	Date Minor Declared _____
Local Address _____	Phone # _____
Major _____	Expected Graduation Date _____

## SECTION A

REQUIRED COURSES (9 credits):		Credits	Grade	Term Completed
NFSS 160	Introduction to Nutrition and Fitness	3	_____	_____
NFSS 333	Fitness for Wellness	3	_____	_____
NFSS 336	Sport Nutrition	3	_____	_____

## SECTION B

CHOOSE **THREE** COURSES FROM SECTION B (9 credits):

_____	_____	3	_____	_____
_____	_____	3	_____	_____
_____	_____	3	_____	_____

Course options in section B include the following:

NFSS 286, 332, 334, 400, 406, 407, 409, 421, 425, 426  
CHEM 145, CHEM 205+, AH 101

**\*A MINIMUM OF THREE COURSES MUST BE 300 LEVEL OR HIGHER FOR THE MINOR IN NUTRITION AND FITNESS**

+ Prerequisite

No changes since Fall 2018