

SPORT NUTRITION - CERTIFICATE

The certificate in Sports Nutrition equips students with the knowledge and skills necessary to optimize athletic performance through evidence-based nutrition practices.

This certificate is designed for dietetic students looking to enhance their understanding of the role of nutrition in sports, exercise, and overall health.

Through a dynamic curriculum, students will explore key topics such as macronutrient and micronutrient requirements for athletes, hydration strategies, recovery nutrition, and dietary supplements. Courses emphasize practical application, preparing students to assess individual needs, develop personalized nutrition plans, and work collaboratively with sports professionals in various settings.

Whether aiming to work with elite athletes or recreational fitness enthusiasts, this certificate provides a strong foundation in sports nutrition, integrating scientific principles with real-world experience.

Program Requirements

Code	Title	Semester Credit Hours
NUTR 301	Nutrition Through Life	3
NUTR 306	Nutrition in Sports	3
NUTR 403	Advanced Nutrition in Sports	3
NUTR 483	Practicum for Nutrition in Sports	3
Total Semester Credit Hours		12