

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 322 (3) Intrprsnl Comm

**Math and Statistics (3 hours)** *Math Pathways TBD*

**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

**>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 2024

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

ONLY