

## Health Sciences

### Master of Sciences in Sport Nutrition

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#### Program Description:

The Master of Sciences degree in Sport Nutrition is designed to prepare registered dietitians (RDs) and/or nationally and internationally recognized sport nutritionists. Non-RD students with a strong dual background in exercise science and nutrition are also eligible to apply to this program. Graduates are prepared to take leadership roles in providing nutrition services to high school, collegiate, recreational, elite, and professional athletes and active individual of all sports and genders. This Master of Sciences degree in Sport Nutrition will prepare students for the Board Certified Specialist in Sports Dietetics (CSSD) Examination offered to RDs through the Commission for Dietetic Registration (CDR) of the American Dietetic Association (ADA). The Master of Sciences degree in Sport Nutrition will also prepare students to plan, develop, and implement nutrition programs for active and athletic communities around the world. This program also aims to provide international experiences and collaborations through a newly created network of Professionals in Nutrition for Exercise and Sport (PINES; [www.sportsoracle.com](http://www.sportsoracle.com)).

The Master of Sciences degree in Sport Nutrition offers students 3 degree tracks:

1. Sport nutrition with research focus (thesis)
2. Applied sport nutrition w/ project + comprehensive exam
3. Applied sport nutrition w/ comprehensive and practical competency exam.

#### Program Objectives:

The goal of the Master of Sciences in Sport Nutrition is to provide students the learning experiences that encompass the scientific and practical principles of nutrition for exercise and sport. Students acquire the knowledge and skill necessary for evidence-based applications and competencies of sports dietitians, working with athletes and active individuals in a variety of settings. Specifically, students in the sport nutrition graduate program will be prepared to:

- 1) Work as a sports dietitian/sport nutritionist in the setting where exercise and sport science services are offered or requested (e.g., traditional settings: teams, clubs, community groups, fitness and wellness centers, research teams, individuals; nontraditional settings: military, fire fighters, police)
- 2) Plan and program sport-specific nutrition services for individuals, teams, and groups
- 3) Screen, assess, follow up, and monitor athletes and active individuals in a variety of settings, integrating both nutrition and sport science principles and skills
- 4) Effectively integrate nutritional interventions into the annual training and competition plan of athletes at the elite and professional level
- 5) Provide sport nutrition education to active youth in community settings (e.g., schools, after-school programs, clubs)
- 6) Provide sport nutrition services and programs to University recreation centers, active students, faculty, staff, and student athletes
- 7) Provide nutrition education and services to exercising individuals and active community groups with focus on health promotion, fitness, weight maintenance and loss, and disease prevention
- 8) Counsel athletes and active individuals in a variety of settings
- 9) Work as part of the multi-disciplinary team in a variety of sports and their clinical settings
- 10) Effectively use scientific knowledge and evidence-based principles in evaluating, analyzing, and interpreting client/patient data

- 11) Apply knowledge and skill consistent with the American Dietetic Association's Standards of Practice (SOP) and Standards of Professional Performance (SOPPs) for Sports Dietitians
- 12) Plan, conduct, analyze, and interpret research in the field of nutrition for exercise and sport
- 13) Teach nutrition for exercise and sport using experiential learning opportunities (e.g., recovery workshops w/ food and food preparation; shopping at grocery stores, cooking classes to improve skill in the kitchen; gardening as effective weight loss strategy)
- 14) Plan food service and catering for individuals, teams, and community groups at sporting events, fund-raisers, and camps
- 15) Work with industry to establish socially and ethically responsible partnerships for individuals, teams, and groups
- 16) Synthesize scientific data and translate into practically meaningful information through a variety of communication channels (e.g., electronic and written materials, website development and hosting, audio-visuals, writing for magazines)

### **Admission Requirements**

#### **Application Deadlines:**

<b>SUMMER:</b>	<b>April 1<sup>st</sup> of each year</b>
<b>FALL:</b>	<b>June 1<sup>st</sup> of each year</b>
<b>SPRING:</b>	<b>November 1<sup>st</sup> of each year</b>

Students may only enroll in the Master of Science in Sport Nutrition Program in the Summer, Fall and Spring of each year. International students must observe application deadlines listed under International Admissions. International students must show proof of proficient use and knowledge of the English language. A minimum of 500 points on the TOEFL are required for admission into the program.

#### **Other Requirements:**

- RD or RD eligible if applicable (certificate or letter of proof required) Or exercise physiology undergraduate or graduate degree with minor or emphasis in nutrition
- IOC sport nutrition diploma completion if applicable (certificate or letter of proof required)
- Internationally recognized nutritionist if applicable (international standards; letter of proof required)
- Bachelor Degree from an accredited College or University
- Undergraduate or graduate exercise physiology course
- Undergraduate or graduate general biochemistry course
- Undergraduate GPA of 3.0 or above
- A GRE entrance exam is required for all students, and for international students the TOEFL test is also required
- Applicants must submit Parts I and II of the graduate application form
  - Signed in-state tuition form if applicable
  - 3 letters of reference
  - Selective service form if applicable
  - 2 copies of OFFICIAL transcripts and an application fee of US \$ 60.00
  - Downloadable forms are available at <http://web.uccs.edu/gradschl/app/#forms>

#### **Tuition Assistance:**

- Chancellor's Non-Resident Graduate Merit Scholarship
- For additional financial aid and tuition assistance information see Graduate school financial aid page <http://web.uccs.edu/gradschl/finaid/htm> and Health Sciences Department [http://www.uccs.edu/~bethel/health\\_sciences.htm](http://www.uccs.edu/~bethel/health_sciences.htm)

**Contact Person:**

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<b>Health Science Requirements</b>	
HSCI 601 Graduate Seminar	1
HSCI 702 Clinical Research Applications	3
HSCI 703 Statistics	3
HSCI 700 Thesis	6
<b>Sport Nutrition Requirements</b>	
BIOL 580 Advanced Exercise Physiology <b>OR</b> BIOL 579 Laboratory Methods in Exercise Physiology	3
HSCI 604 Advanced Behavior Change	3
HSCI 406/506 Sport Nutrition	3
HSCI XXX Clinical Sport Nutrition and Research	4/lab
HSCI Electives	7
<b>Total 33</b>	
<b>Electives</b>	
HSCI 615 Health Sciences Internship (Exercise/Sport Nutrition)	3
HSCI 606 Advanced Program Planning and Implementation	3
HSCI 503 Sport Specific Training Principles and Techniques	3
HSCI XXX Food, Culture, Community, and Health	3
HSCI XXX Dietary Supplements	3
HSCI XXX Special Topics in Health Sciences (Exercise/Sport Nutrition)	1
BIOL 555 Biomechanics/Kinesiology	3

**Master of Sciences: Sport Nutrition for RDs, RD eligible students, internationally recognized nutritionists, and exercise physiologists with emphasis on nutrition** **Thesis Option**

<b>First Year</b>	
<b>Fall</b>	
HSCI 601 Graduate Seminar	1
HSCI 702 Clinical Research Applications	3
HSCI 406/506 Sport Nutrition	3
HSCI 604 Advanced Behavior Change	3
<b>Total Fall</b>	<b>10</b>
<b>Spring</b>	
BIOL 530 Advanced Exercise Physiology <b>OR</b> BIOL 579 Laboratory Methods in Exercise Physiology	3
HSCI 703 Statistics	3
HSCI Elective	3
<b>Total Spring</b>	<b>9</b>
<b>Second Year</b>	
<b>Fall</b>	
HSCI xxx Clinical Sport Nutrition and Research	4
HSCI 700 Thesis	3
<b>Total Fall</b>	<b>7</b>
<b>Spring</b>	
HSCI 700 Thesis	3
HSCI xxx Elective	4
<b>Total Spring</b>	<b>7</b>
<b>TOTAL Credits 33 credits</b>	