

MASTER'S IN SPORT NUTRITION

PROGRAM COURSEWORK (35 credits)

Health Science Requirements, 4 total credits

HSCI 5010 Research and Statistical Design

Thesis/Project/Comprehensive Exam Requirements, 0-6 total credits

HSCI 7000 Thesis (6 credits), requires 8 additional graduate elective credits)

OR

HSCI 6090 Graduate Research Project/Seminar (3 credits), requires 11 additional graduate elective credits)

OR

Comprehensive/Competency Exam (0 credits) requires 14 graduate elective credits)

Sport Nutrition Requirements, 17 total credits

HSCI 5060 Advanced Sport Nutrition (3 credits)

BIOL 5790 Laboratory Methods in Human Physiology (3 credits)

HSCI 6040 Theories in Health Behavior I (3 credits)

HSCI 6140 Food, Culture, Community, and Health (3 credits)

HSCI 6100 Clinical Sport Nutrition and Research (5/lab credits)

Suggested Sport Nutrition Electives (8-14 credits)

HSCI 5020 Qualitative Research (2 credits)

HSCI 5100 Interprofessional Education (1 credit)

HSCI 6170 Special topic: Grain School (2 or 3 credits)

HSCI 6170 Special Topc: Sport Psychology (3 credits)

HSCI 6031 Program Planning and Evaluation (3 credits)

HSCI 5030 Sport Specific Training Principles and Techniques (3 credits)

HSCI 5050 Obesity and Weight Management (3 credits)

HSCI 5350 Advanced Functional Human Anatomy(3 credits)

HSCI 5422 Project Management in Health Promotion (3 credits)

BIOL 5550 Biomechanics/Kinesiology (3 credits)

HSCI 5580 Physical Activity and Health (3 credits)

HSCI 5600 Biomechanics of Musculoskeletal Injury (3 credits)

HSCI 6060 Community Health Promotion and Education (3 credits)

HSCI 6120 Health Science Leadership (3 credits)

HSCI 6150 Health Science Internship - Sport Nutrition (1-9 credits)

HSCI 6160 Dietary Supplements (3 credits)

HSCI 6170 Special Topics in Health Sciences (1-3 credits)

HSCI 6650 Health and Wellness Coaching (3 credits)

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Health Science Electives by Semester Offerings

Fall

- HSCI 6170 Special Topic—Sport Psychology (3 cr)
- HSCI 5020 Qualitative Research (2 cr)
- HSCI 5100 Interprofessional Education (1 cr)
- HSCI 5030 Sports Specific Training Principles and Techniques (3 cr, + Lab HSCI 5031 1 cr)
- HSCI 5220 Social Marketing (3 cr)
- HSCI 5350 Advanced Functional Human Anatomy (3 cr)
- HSCI 5422 Project Management in Health Promotion (3 cr)
- HSCI 5580 Physical Activity and Health (3 cr)
- HSCI 5600 Biomechanics of Musculoskeletal Injury (3 cr)
- HSCI 6120 Health Science Leadership (3 cr)
- HSCI 6650 Health and Wellness Coaching (3 credits)
- HSCI 6700 Advanced Exercise Science (3 cr)
- HSCIE 6740 Aging, Physical Activity, and health (1 week in August)

Spring

- HSCI 5100 Interprofessional Education (2 cr)
- HSCI 5050 Obesity and Weight Management
- HSCI 5490 Exercise Considerations for Special Populations*
- BIOL 5550 Biomechanics/Kinesiology
- HSCI 6060 Community Health Promotion and Education
- HSCI 6031 Program Planning and Evaluation
- HSCI 6160 Dietary Supplements
- HSCI 6240 Advanced Concepts in Strength and Conditioning*
- HSCI 6170 Special Topic—Grain School (in January) (2-3 credits)

**Some courses may require permission from instructors and/or prerequisites. Due to the ever changing nature of the course catalog, it is always wise to verify the semester and whether that course is still being offered.*

The following are available both Fall and Spring (1 cr = 40 hrs practical work):

- HSCI 6070 Practicum in Health Science (1-6 credits)**
- HSCI 6150 Health Science Internship (1-9 credits)**
- HSCI 9600 Independent Study (1-3 credits)**

**1 credit hour is equivalent to a minimum of 40 hours of work.

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Suggested Curriculum

Master's Thesis Option

	Credit
Fall 1st semester	
HSCI 5010 Research and Statistical Design	4
HSCI 6040 Theories in Health Behavior	3
HSCI 5060 Advanced Sport Nutrition	3
Spring 2nd semester	
BIOL 5790 Laboratory Methods in Human Physiology	3
Elective	3
Elective	3
Fall 3rd semester	
HSCI 6140 Food Culture Community and Health (This course is taught in August as a 1 week intensive)	3
HSCI 6100 Clinical Sport Nutrition and Research	5
HSCI 7000 Health Science Thesis*	2
Spring 4th semester	
HSCI 7000 Health Science Thesis*	3
Elective	3
TOTAL	35 credits

Alternatively, the HSCI 7000 Health Science Thesis can be taken for 6 credits in the Spring 4th Semester.

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Suggested Curriculum

Master's Project Option

	Credit
Fall 1st semester	
HSCI 5010 Research and Statistical Design	4
HSCI 6040 Theories in Health Behavior	3
HSCI 5060 Advanced Sport Nutrition	3
Spring 2nd semester	
BIOL 5790 Laboratory Methods in Human Physiology	3
Elective	3
Elective	3
Fall 3rd semester	
HSCI 6140 Food Culture Community and Health (This course is taught in August as a 1 week intensive)	3
HSCI 6100 Clinical Sport Nutrition and Research	5
Elective	2
Spring 4th semester	
HSCI 6090 Graduate Research Project	3
Elective	3
TOTAL	35 credits

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Suggested Curriculum

Master's Comp Exam Option

	Credit
Fall 1st semester	
HSCI 5010 Research and Statistical Design	4
HSCI 6040 Theories in Health Behavior I	3
HSCI 5060 Advanced Sport Nutrition	3
Spring 2nd semester	
BIOL 5790 Laboratory Methods in Human Physiology	3
Elective	3
Elective	3
Fall 3rd semester	
HSCI 6140 Food Culture Community and Health (This course is taught in August as a 1 week intensive)	3
HSCI 6100 Clinical Sport Nutrition and Research	5
Elective	2
Spring 4th semester	
Elective	3
Elective	3
TOTAL	35 credits