

MAJOR IN NUTRITION SCIENCE, SPORTS NUTRITION AND WELLNESS CONCENTRATION

The sports nutrition and wellness concentration prepares students for employment as nutrition and sports counselors as well as personal lifestyle coaches in health care settings, commercial establishments, public health settings, or private practice. The curriculum blends a strong science base with course work in exercise science, nutrition, teaching, and counseling. The concentration provides an excellent background for graduate study.

Learning Objectives

Upon successful completion of this concentration, students will be able to:

1. Demonstrate knowledge of nutrition principles, evaluate and communicate nutrition information to clients.
2. Demonstrate a basic knowledge of wellness and factors which influence health.
3. Teach and design nutrition and activity programs for individuals across the lifespan.

Learn more about the Sports Nutrition and Wellness Concentration on the Department of Food Science and Human Nutrition website (<https://www.chhs.colostate.edu/fshn/programs-and-degrees/b-s-in-nutrition-and-food-science/>).

Requirements

Effective Fall 2024

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 115	Health Equity (GT-SS3)	1C,1C	3
FSHN 150	Survey of Human Nutrition		3
MATH 117	College Algebra in Context I (GT-MA1)	1B	1
MATH 118	College Algebra in Context II (GT-MA1)	1B	1
MATH 124	Logarithmic and Exponential Functions (GT-MA1)	1B	1
PSY 100	General Psychology (GT-SS3)	3C	3
Select one group from the following:			4
Group A:			
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	3A	
Group B:			
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Select one group from the following:			5-8
Group A:			
CHEM 107	Fundamentals of Chemistry (GT-SC2)	3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	
Group B:			
CHEM 111	General Chemistry I (GT-SC2)	3A	
CHEM 112	General Chemistry Lab I (GT-SC1)	3A	
CHEM 113	General Chemistry II		
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			6

Total Credits

30-33

Sophomore

FSHN 220	Intro to Nutrition for Sports and Fitness		3
FSHN 271	Integrative Wellness Coaching I		3
FSHN 292	Careers in Nutrition Science Seminar		1
FSHN 300	Food Principles and Applications		3
FSHN 301	Food Principles and Applications Laboratory		2

HES 202	Introduction to Exercise Physiology		3
SPCM 200	Public Speaking		3
Choose one of the following:			3
CO 300	Writing Arguments (GT-CO3)	2	
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)	2	
JTC 300	Strategic Writing and Communication (GT-CO3)	2	
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			3D
Electives			6
Total Credits			30
Junior			
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions		4
FSHN 272	Integrative Wellness Coaching II		3
FSHN 340	Food as Preventive Medicine		3
FSHN 350	Human Nutrition		3
FSHN 360	Nutrition Assessment		2
FSHN 451	Community Nutrition		3
PSY 300	Positive Psychology		3
Electives			9
Total Credits			30
Senior			
FSHN 428	Nutrition Teaching and Counseling Techniques		3
FSHN 449	Pathophysiology of Nutrition-Related Diseases	4B	2
FSHN 453	Biology of Body Weight Regulation		3
FSHN 459	Nutrition in the Life Cycle	4A	3
FSHN 492	Seminar in Dietetics and Nutrition	4C	2
HES 434	Physical Activity Throughout the Lifespan		3
STAT 201 or 204	General Statistics (GT-MA1) Statistics With Business Applications (GT-MA1)	1B	3
Guided Electives (see list below) ¹			5
Electives ²			3-6
Total Credits			27-30
Program Total Credits:			120

Guided Electives

Code	Title	Credits
FSHN 450	Medical Nutrition Therapy	3
FSHN 455	Food Systems—Impact on Health/Food Security	2
FSHN 461	Global Nutrition	2
FSHN 470	Integrative Nutrition and Metabolism	3
FSHN 486A	Practicum: Counseling	1-3
FSHN 486B	Practicum: Nutrition	1-3
HES 403	Physiology of Exercise	3

¹ A minimum of five (5) credits must be selected from the Guided Electives list.

² Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

Major Completion Map

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
FSHN 115	Health Equity (GT-SS3)			1C,1C	3
FSHN 150	Survey of Human Nutrition	X			3
MATH 117	College Algebra in Context I (GT-MA1)	X		1B	1
MATH 118	College Algebra in Context II (GT-MA1)	X		1B	1
MATH 124	Logarithmic and Exponential Functions (GT-MA1)	X		1B	1
PSY 100	General Psychology (GT-SS3)	X		3C	3
Select one group from the following:		X			4
Group A:					
BZ 110	Principles of Animal Biology (GT-SC2)			3A	
BZ 111	Animal Biology Laboratory (GT-SC1)			3A	
Group B:					
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Total Credits					16

Semester 2		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
Select one group from the following:		X			5-8
Group A:					
CHEM 107	Fundamentals of Chemistry (GT-SC2)			3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)			3A	
Group B:					
CHEM 111	General Chemistry I (GT-SC2)			3A	
CHEM 112	General Chemistry Lab I (GT-SC1)			3A	
CHEM 113	General Chemistry II				
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	6
Total Credits					14-17

Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
FSHN 220	Intro to Nutrition for Sports and Fitness	X			3
FSHN 292	Careers in Nutrition Science Seminar	X			1
FSHN 300	Food Principles and Applications	X			3
FSHN 301	Food Principles and Applications Laboratory	X			2
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			X	3D	3
Elective			X		3
Total Credits					15

Semester 4		Critical	Recommended	AUCC	Credits
FSHN 271	Integrative Wellness Coaching I	X			3
HES 202	Introduction to Exercise Physiology	X			3
SPCM 200	Public Speaking	X			3
Choose one of the following:		X			3
CO 300	Writing Arguments (GT-CO3)			2	
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)			2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)			2	
JTC 300	Strategic Writing and Communication (GT-CO3)			2	
Elective			X		3
Total Credits					15

<i>Junior</i>					
Semester 5		Critical	Recommended	AUCC	Credits
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	X			4
FSHN 272	Integrative Wellness Coaching II	X			3
FSHN 350	Human Nutrition	X			3
FSHN 451	Community Nutrition	X			3
Elective			X		3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
FSHN 340	Food as Preventive Medicine	X			3
FSHN 360	Nutrition Assessment	X			2
PSY 300	Positive Psychology	X			3
Electives			X		6
Total Credits					14
<i>Senior</i>					
Semester 7		Critical	Recommended	AUCC	Credits
FSHN 449	Pathophysiology of Nutrition-Related Diseases	X		4B	2
FSHN 459	Nutrition in the Life Cycle	X		4A	3
HES 434	Physical Activity Throughout the Lifespan	X			3
STAT 201 or 204	General Statistics (GT-MA1) Statistics With Business Applications (GT-MA1)	X		1B	3
Electives			X		3-6
Total Credits					14-17
Semester 8		Critical	Recommended	AUCC	Credits
FSHN 428	Nutrition Teaching and Counseling Techniques	X			3
FSHN 453	Biology of Body Weight Regulation	X			3
FSHN 492	Seminar in Dietetics and Nutrition	X		4C	2
Guided Electives (see list on Program Requirements tab)			X		5
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					13
Program Total Credits:					120