

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/>).