

# UConn | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

## PLAN OF STUDY

Catalog Year 2025-2026

### Nutrition for Exercise and Sport MINOR

**CATALOG STATEMENT:** This minor is offered by the Department of Nutritional Sciences in cooperation with the Departments of Allied Health Sciences and Kinesiology. Students interested in earning the minor will need to complete prerequisite coursework for required courses. These include NUSC 1165, PNB 2264, PNB 2265, and MCB 2000. All students are required to complete a minimum of 18 credits for the minor.

### REQUIREMENTS:

#### **ALL of the following courses:**

Dept.	No.	Course Title	Credits
KINS	□ 4500	Exercise Physiology	3
KINS	□ 4510	Advanced Topics in Health and Sports Performance	3
NUSC	□ 4236	Nutritional Biochemistry and Metabolism	4
NUSC	□ 4250	Nutrition for Exercise and Sport	3

#### **At least TWO of the following courses:**

Dept.	No.	Course Title	Credits
AH	□ 3101	Health and Wellness for Life	3
AH	□ 3231	Program Planning for Health Promotion	3
AH	□ 3234	Fitness for Health	3
KINS	□ 3098	Variable Topics	_____
KINS	□ 3099	Independent Study for Undergraduates	_____
KINS	□ 3320	Exercise Psychology	3
KINS	□ 3530	Aerobic Training for Health and Performance	3
KINS	□ 3545	Resistance Training for Health and Performance	3
NUSC	□ 4260	Dietary Supplements and Functional Foods	3
NUSC	□ 4299	Independent Study	_____

- Students must earn a grade of “C” (2.0) or higher in each individual course listed above.
- Students must earn a combined grade point average of 2.5 or higher for all courses listed above.
- Students must complete all requirements for a baccalaureate degree. Once the minor has been declared, it will appear on the student’s transcript.

**MINOR ADVISOR:** For more information on the minor or approval on the final Plan of Study for the minor, please contact Dr. Michael Puglisi at [michael.puglisi@uconn.edu](mailto:michael.puglisi@uconn.edu) or 860-486-1198.

**DECLARATION PROCEDURE:** Students who wish to declare the minor prior to graduation must submit the [CAHNR MINOR DECLARATION FORM](#), available on the Forms page of the CAHNR Undergraduate Academic Programs website.

**APPROVAL:** A plan of study for the minor signed by the department or program head, director, or faculty designee must be submitted to the Office of the Registrar via the Student Administration System during the first four weeks of the semester in which the student expects to graduate. For instructions, consult the [UConn Knowledgebase](#).