Sports Nutrition - Micro-Certificate

The Sports Nutrition graduate micro-certificate program reviews the functions of macronutrients and micronutrients in the human body, emphasizing their role in athletic performance. Students learn about the functions of macronutrients and micronutrients throughout the lifespan, including physiological requirements, dietary sources, promotion of health and prevention of disease. Students also research health implications of varying amounts of micronutrients in the diet, interactions between micronutrients, and the role of supplementation. Building on the foundational knowledge of the functions and sources of nutrients, students learn about the biological and chemical principles, latest scientific research, theories, and best practices that apply to the field of sports nutrition. Students also analyze their own personal fitness habits in relation to nutrient and energy balance factors in setting goals for improved personal outcomes and overall health.

Sports Nutrition

A 9 semester credit program leading to the Sports Nutrition graduate micro-certificate

NUTR5100	Macronutrients in Human Nutrition	3
NUTR5200	Micronutrients in Human Nutrition	3
NUTR5400	Nutrition for Athletic Performance	3
Total Credits		**9.0**