

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.

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-science/nutrition-and-fitness-concentration/>).

www.chhs.colostate.edu/fshn/programs-and-degrees/b-s-in-nutrition-science/nutrition-and-fitness-concentration/

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.

Requirements Effective Fall 2026

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 115	Health Equity (GT-SS3)	1C	3
FSHN 150	Introduction to 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
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	
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			6
Total Credits			30

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	Culinary Nutrition		3
FSHN 301	Culinary Nutrition Laboratory		2
HES 202	Introduction to Exercise Physiology (GT-SC2)	3A	3
SPCM 200	Public Speaking		3
Select one course from 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 (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)		3D	3
Electives			6
Total Credits			30
Junior			
FSHN 340	Food as Medicine		3
FSHN 350	Human Nutrition		3
FSHN 360	Nutrition Assessment		2
FSHN 420	Advanced Sports Nutrition		3
FSHN 451	Community Nutrition		3
Select one course from the following:			4
BMS 300	Principles of Human Physiology		
HES 300	Physiology for Clinical Health Professions		
Select one course from the following:			3
HES 354	Theory of Health Behavior		
HES 379	Psychology and Sport		
PSY 252	Mind, Brain, and Behavior		
PSY 300	Positive Psychology		
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
Select one course from the following:			3
STAT 201	General Statistics (GT-MA1)	1B	
STAT 204	Statistics With Business Applications (GT-MA1)	1B	
Guided Electives (see list below)			8
Electives ¹			3
Total Credits			30
Program Total Credits:			120

Guided Electives

Code	Title	Credits
FSHN 272	Integrative Wellness Coaching II	3
FSHN 335/HEM 335	Food, Society and Social Media	3
FSHN 361	Global Nutrition	2
FSHN 435	Lactation Benefits and Promotion	2
FSHN 455	Food Systems—Impact on Health/Food Security	2
FSHN 470	Advanced Human Nutrition and Metabolism	3
FSHN 486A	Practicum: Counseling	1-3
FSHN 486B	Practicum: Sports Nutrition	3
FTEC 110	Food-From Farm to Table	3

FTEC 115	Cultural Aspects of Fermented Foods (GT-SS3)	3
FTEC 155	Introduction to Food Science (GT-SC2)	3
FTEC 210	Science of Food Fermentation	3
HEM 365	Entrepreneurship in Hospitality	3
HES 403	Physiology of Exercise	3

¹ 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	3
FSHN 150	Introduction to 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
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	

Arts and Humanities (<https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities>) X 3B 6

Total Credits **14**

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	Culinary Nutrition	X			3
FSHN 301	Culinary Nutrition Laboratory	X			2
Historical Perspectives (https://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 (GT-SC2)	X		3A	3
SPCM 200	Public Speaking	X			3
Select one course from 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
Junior					
Semester 5		Critical	Recommended	AUCC	Credits
FSHN 350	Human Nutrition	X			3
FSHN 420	Advanced Sports Nutrition	X			3
FSHN 451	Community Nutrition	X			3
Select one course from the following:					4
BMS 300	Principles of Human Physiology	X			
HES 300	Physiology for Clinical Health Professions	X			
Elective			X		3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
FSHN 340	Food as Medicine	X			3
FSHN 360	Nutrition Assessment	X			2
Select one course from the following:					3
HES 354	Theory of Health Behavior				
HES 379	Psychology and Sport				
PSY 252	Mind, Brain, and Behavior				
PSY 300	Positive Psychology				
Electives			X		6
Total Credits					14
Senior					
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
Select one course from the following:					3
STAT 201	General Statistics (GT-MA1)	X		1B	
STAT 204	Statistics With Business Applications (GT-MA1)	X		1B	
Guided Electives (see list on Program Requirements tab)					2
Electives			X		3
Total Credits					16
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)					6
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.					
Total Credits					14
Program Total Credits:					120