



COLLEGE OF EDUCATION

Minor – Kinesiology – Sports Nutrition

For more information contact Dr. Deanne Allegro at 334-244-3630 or dallegro@aum.edu

Required Courses: (15 hours)

PHED 4210 Nutrition Assessments

PHED 4220 Lifecycle and Community Nutrition

PHED 4240 Metabolism and Functions of Nutrients I

PHED 4280 Metabolism and Functions of Nutrients II

PHED 4950 Advanced Topics in Sports Nutrition

Learning Outcomes and Assessment:

- i. Demonstrate mastery of fundamental knowledge in the field of nutrition
- ii. Evaluate research and interpret data with regard to the effects of nutrition on athletic performance
- iii. Work effectively and collaboratively to promote interaction among nutrition and exercise specialist to provide new approaches to and perspectives on nutrition and exercise.