 **MS in Sports Medicine**

**Performance Nutrition (PN) Concentration**

 **Program Planner: 63 credits**

Students are **strongly encouraged** to adhere to the following course sequence. Not all courses are available every term.

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| **Sports Medicine Core & Elective Course Sequence** |
| **Course #** | **Course Name** | **Credits** | **Term****Offered** | **Term Planned or Completed** |
| SMD5101 |  Sports Medicine Jurisprudence & Ethics | 2 | WI/SP |  |
| SMD5110 |  Upper Extremity | 3 | WI/SP |  |
| SMD5310 |  Lower Extremity | 3 | SP/SU |  |
| SMD5550 |  Research Methods and Evaluation | 2 | SP/SU |  |
|  |  SMD Elective (see list below) | 2 | varies |  |
| SMD5510 |  Rehabilitation & Sports Performance | 3 | SU/FA |  |
| SMD5350 |  Research & Biostatistics | 2 | SU/FA |  |
|  |  SMD Elective (see list below) | 2 | varies |  |
| SMD5775 |  Emergency Management | 2 | FA/WI |  |
| SMD5710 |  Practical Lab Applications – *1 required on-site weekend at UWS* **Pre-requisite:**SMD5510 **Pre or co-requisite:** SMD5775 | 2 | FA/WI |  |
| SMD5910 |  Biomechanics | 4 | WI/SP |  |
| SMD6190 | Practicum (must be taken twice for 4 credits) **Pre-requisite:** SMD5710 **Pre or co-requisite:** SMD5110, SMD5310 | 2 | WI/SP/SU |  |
| SPP6235 |  Psychology of Athletic Injury and Rehabilitation | 4 | SP/SU |  |
| SMD6190 |  Practicum (must be taken twice for 4 credits) **Pre-requisite:** SMD5710 **Pre or co-requisite:** SMD5110, SMD5310 | 2 | WI/SP/SU |  |
| **Total Sports Med Core** | **31** |  |
| **Total SMD Core Elective** | **4** |  |

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| **SMD Core Elective Course Options – 4 credits required** |
| **Course #** | **Course Name** | **Credits** | **Term Offered** |
| SMD6005 | Diagnostic Imaging of Sports Injuries | 2 | FA/WI |
| SMD6075 | Evidence-based Concussion Management and Care | 2 | SP/SU |
| SMD6010 | Soft Tissue Treatment Applications and Methods | 2 | SP/SU |
| SMD6050 | Research Applications | 2 | FA/WI |
| MHF5003 | Identifying Mental Illness | 2 | FA/SP |
| MHF5103 | Mental Health Referrals | 2 | WI/SU |
| MHF5203 | Mental Health Communication Skills *(beginning Spring 2024)* | 2 | FA/SP |

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| **Performance Nutrition (PN) Concentration Course Sequence** |
| **Course #** | **Course Name** | **Credits** | **Term offered** | **Term Planned or Completed** |
| MSN6101 |  Evidence-based Nutrition *(request registration from student success advisor)* | 3 | WI/SU |  |
| MSN6305 |  Whole Food Nutrition & Supplementation *(request registration from student success advisor)* | 4 | WI/SU |  |
| PNT6320 |  Psychology of Eating for the Athlete *(beginning Spring 2025)* | 3 | SP/FA |  |
| SMD6335 |  Sports Nutrition | 4 | SP/FA |  |
| SPP6245 |  Athletic Nutrition Planning and Supplementation | 4 | SU/WI |  |
| PNT6925 |  Nutrition for Sport Performance: Endurance (*beginning Summer 2025)* | 3 | SU/WI |  |
| PNT6725 |  Nutrition and Physical Activity in Public Health *(beginning Fall 2025)* | 2 | FA/SP |  |
| PNT6735 |  Nutrition for Sport Performance: Strength *(beginning Fall 2025)* | 3 | FA/SP |  |
| PNT6740 |  Ergogenic Aids in Sport *(beginning Fall 2025)* **Pre-requisite:** SMD6335 Sports Nutrition | 2 | FA/SP |  |
|  |  **Total PN Concentration**  | **28** |  |  |

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| **MS SMD-PN Program Credit Totals** |
| **SMD Core** | **31** |
| **SMD Elective** | **4** |
| **PN Concentration** | **28** |
| **Total for Program** | **63 credits** |

**Questions about courses, course planning, or registration?** [Contact your student success advisor](https://www.uws.edu/community/academic-advising/) or email studentsuccess@uws.edu

**Financial aid:** Students using financial aid must enroll in at least 3 credits per term to meet the financial aid enrollment status requirements as outlined in [Policy 1203 Enrollment Status](https://ftp.uws.edu/udocs/Public/Policies_Public_Access/Academic_Policies_1200s/Policy1203_Enrollment_Status.pdf).

**Textbooks:** Program textbook lists are updated yearly (for fall through summer terms), prior to the fall term. [Find the textbook lists here](https://www.uws.edu/textbooks-by-program/). Note: MSN courses & textbooks are listed under the Human Nutrition and Functional Medicine textbook list; SPP courses & textbooks are listed under the Sport and Performance Psychology textbook list.