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Description automatically generated with medium confidence **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](mailto: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.