

NUTRITION & PHYSICAL PERFORMANCE CONCENTRATION

The Nutrition and Physical Performance concentration is for anyone interested in pursuing the sports, athletic, and physical performance side of the nutrition industry. Throughout the 15 month program, you'll complete concentration-specific and clinical site rotations alongside dietetic and exercise science graduate courses to earn your MS in Nutrition and Dietetics with a Physical Performance emphasis and be eligible to sit for the Registered Dietitian exam.

SITES

Concentration-specific sites for internship rotations may include SLU's Athletic Department, nutrition consultation departments at health clubs and gyms, and sports outreach nonprofits



CLASSES

Concentration-specific classes include:

- Bioenergetics of Exercise
- Exercise Testing and Prescription
- Nutrition and Physical Performance

CAREERS

Our Nutrition and Physical Performance graduates have careers including private practice owners, performance coaches and personal trainers, and dietitians for university athletic departments, professional sports teams, army bases, and gyms.

