

## DIET & EXERCISE FIVE-YEAR PLAN

Iowa State University Catalog, 2007-2009

Departments of *Food Science and Human Nutrition* and *Kinesiology*

### First Year

#### Fall Semester

FS HN 110 or EX SP 255, Orientation	1-3
CHEM 163 or 177, General Chemistry	4
CHEM 163L or 177L, General Chemistry Lab.	1
BIOL 211, Principles of Biology I	3
ENGL 150, Critical Thinking-Communication	3
LIB 160, Library	0.5
MATH 140, 142, 165, or 181, College Math	<u>3-4</u>
Total credits:	15.5-17.5

#### Spring Semester

FS HN 167, Introduction to Human Nutrition	3
CHEM 164 or 178, General Chemistry	3
BIOL 212, Principles of Biology II	3
Psych 101, Introduction to Psychology	3
H S 110, Personal and Consumer Health	<u>3</u>
Total credits:	15

### Second Year

#### Fall Semester

CHEM 231, Elementary Organic Chemistry	3
CHEM 231L, Lab in Elem. Organic Chemistry	1
BIOL 255, Fundamentals of Human Anatomy	3
<i>BIOL 255L, Fund. of Human Anatomy Lab.</i>	1
FS HN 214, Scientific Study of Food	5
ENGL 250, WOVE Composition	<u>3</u>
Total credits:	16

#### Spring Semester

BBMB 301, Survey of Biochemistry	3
BIOL 256, Fundamentals of Human Physiology	3
BIOL 256L, Fund. of Human Physiology Lab.	1
PHYS 106 or 111, General Physics	4
FS HN 265, Nutr. for Active & Healthy Lifestyles	3
MICRO 201, Microbiology	<u>2</u>
Total credits:	16

**Summer:** EX SP 220, Basic Athletic Training, 2 credits

### Third Year

#### Fall Semester

FS HN 360, Advanced Human Nutr. & Metabolism	3
EX SP 258, Physical Fitness and Conditioning	3
PSYCH 230, Developmental Psychology	3
SP CM 212, Fundamentals of Speech	3
STAT 101, 104, or 226, Statistics	<u>3-4</u>
Total credits:	15-16

#### Spring Semester

EX SP 355, 360, 366, or 372	3
EX SP 259, Leadership Techniques for Fitness	2
HRI 380, Quantity Food Production Management	3
HRI 380L, Quantity Food Prod. & Service Mgmt	2
FS HN 466, Nutr. Counseling & Educ. Methods	3
Total credits:	13

**Acceptance into the graduate program required before spring semester of the third year.**

**Summer:** HHP 699 or NUTRS 699A, Research, 1 credit; STAT 401, Statistical Methods for Research, 4 credits; Total = 5 credits

### Fourth Year

#### Fall Semester

HHP 500, Research Methods in Physical Activity	2
HHP 505, Research Lab. Techniques in Exercise	3
<i>FS HN 340, Introduction to Dietetics</i>	1
NUTRS 561, Medical Nutrition and Disease I	4
EX SP 358, Physiology of Exercise	3
FS HN 463, Community Nutrition	<u>3</u>
Total credits:	16

#### Spring Semester

NUTRS 562, Assessment of Nutritional Status	3
NUTRS 564, Medical Nutrition and Disease II	4
HRI 392, Foodservice Systems Mgt. II	3
H S 380, Worksite Health Promotion	3
EX SP 462, Medical Aspects of Exercise	<u>3</u>
Total credits	16

**Summer:** HHP 699 or NUTRS 699A, Research, 3 credits; FS HN 403, Food Laws and Regulations, 2 credits; Total = 5 credits

### Fifth Year

#### Fall Semester

NUTRS 501, Biochem. & Phys. Basis of Nutrition: Macronutrients	3
FS HN 411, Food Ingredients, Interactions	2
EX SP 345, Mgmt. of Health-Fitness Programs	3
HHP 558, Physical Fitness - Principles, Programs	3
Humanities/International Perspectives	<u>3</u>
Total credits:	14

#### Spring Semester

NUTRS 502, Biochem. & Phys. Basis of Nutr.: Vitamins and Minerals (Or HHP 550 or 570X)	3
HHP 551, Advanced Physiology of Exercise II	1
FS HN 581, Seminar	3
Humanities/Ethics course	3
FS HN 699A or HHP 699, Research	<u>2</u>
Total credits:	12

**Summer:** HHP 699 or NUTRS 699A, Research 1 credit

*Notes: Italics = Recommended, not on required list of courses. This sequence is only an example. The number of credits taken each semester should be based on the individual student's situation. Factors that may affect credit hours per semester include student ability, employment, health, activities, and grade point considerations. Updated December 2007.*