

**B.S. & M.S. in DIET & EXERCISE**  
**Iowa State University Catalog, 2007-2009**

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

*Minimum of 122.5 total semester credits required for Bachelor's degree*

*Minimum of 39 total semester credits required for Master's degree*

**COURSES TO COMPLETE FOR APPLICATION TO THE  
MASTER'S PROGRAM COMPONENT:**

**(9-5) COMMUNICATIONS and LIBRARY**

- (3) ENGL 150 Critical Thinking and Communication
- (3) ENGL 250 Written, Oral, Visual, Electronic Comp.
- (.5) LIB 160 Library Instruction
- (3) SP CM 212 Fundamentals of Public Speaking

**(6-8) MATHEMATICAL SCIENCES**

- (3-4) College Math Select from MATH 140, 142, 165, 181
- (3-4) Statistics Select from STAT 101, 104, 226

**(16) PHYSICAL SCIENCES**

- (4) CHEM 163 or 177 General Chemistry
- (1) CHEM 163L or 177L Laboratory in General Chemistry
- (3) CHEM 164 or 178 General Chemistry
- (3) CHEM 231 Elementary Organic Chemistry
- (1) CHEM 231L Elementary Organic Chemistry Lab
- (4) PHYS 106 or 111 General Physics

**(18) BIOLOGICAL SCIENCES**

- (3) BBMB 301 Survey of Biochemistry
- (3) BIOL 211 Principles of Biology I
- (3) BIOL 212 Principles of Biology II
- (3) BIOL 255 Fundamentals of Human Anatomy
- (3) BIOL 256 Fundamentals of Human Physiology
- (1) BIOL 256L Fund. of Human Physiology Lab
- (2) MICRO 201 General Microbiology

**(6) SOCIAL SCIENCES**

- (3) PSYCH 101 Introduction to Psychology
- (3) PSYCH 230 Developmental Psychology

**(22-24) DIET & EXERCISE COURSEWORK**

- (1-3) EX SP 255 or FS HN 110 Orientation
- (2) EX SP 220 Basic Athletic Training
- (2) EX SP 258 Physical Fitness and Conditioning
- (3) FS HN 167 Introduction to Human Nutrition
- (5) FS HN 214 Scientific Study of Food
- (3) FS HN 265 Nutrition for Active & Healthy Lifestyles
- (3) FS HN 360 Advanced Human Nutrition/Metabolism
- (3) H S 110 Personal and Consumer Health

**REMAINING COURSES TO COMPLETE FOR  
BACHELOR'S DEGREE REQUIREMENTS:**

**INTERNATIONAL PERSPECTIVES/U.S. DIVERSITY**

Select 3 cr. International Perspectives course.\*

Note: U.S. Diversity Requirement will be met with FS HN 463.

**(6) HUMANITIES**

Select 3 credits from approved Humanities course list  
(<http://www.fshn.hs.iastate.edu/ugrad/humanlst.php> ).  
Select 3 credits from approved Ethics course list.\*\*

**(39) DIET & EXERCISE COURSEWORK**

- (3) H S 380 Worksite Health Promotion
- (2) EX SP 259 Leadership Techniques for Fit. Programs
- (3) EX SP 345 Management of Health-Fitness Programs
- (3) EX SP 358 Physiology of Exercise
- (3) Choose one of the following courses:
  - EX SP 355 Biomechanics
  - EX SP 360 Sociology of Sport and Exercise
  - EX SP 366 Exercise Psychology
  - EX SP 372 Motor Control and Learning Across the Lifespan
- (3) EX SP 462 Medical Aspects of Exercise
- (2) FS HN 403 Food Laws, Regulations, & Reg. Process
- (2) FS HN 411 Food Ingredients, Interactions and Formulations
- (3) FS HN 463 Community Nutrition
- (3) FS HN 466 Nutrition Counseling & Educ. Methods
- (3) HRI 380 Quantity Food Production Management
- (2) HRI 380L Quantity Food Production and Service Management Experience
- (3) HRI 392 Foodservice Systems Management II
- (4) NUTRS 561\*\*\*Medical Nutrition and Disease I

**REMAINING COURSES TO COMPLETE FOR  
MASTER'S DEGREE REQUIREMENTS:**

**(39) DIET & EXERCISE GRADUATE COURSEWORK**

- (1) FS HN 581 Seminar
- (3) NUTRS 501 Biochemical and Physiological Basis of Nutrition: Macronutrients
- (4) NUTRS 561\*\*\*Medical Nutrition and Disease I
- (3) NUTRS 562 Assessment of Nutritional Status
- (4) NUTRS 564 Medical Nutrition and Disease II
- (3) HHP 500 Research Methods
- (2) HHP 505 Research Lab Techniques
- (3) HHP 551 Advanced Exercise Physiology I
- (3) HHP 558 Physical Fitness-Principles, Programs, and Evaluations
- (3) Select one of the following courses:
  - HHP 550 Advanced Exercise Physiology I
  - HHP 570X Physical Activity Assessment for Health Related Research
  - NUTRS 502 Biochemical and Physiological Basis of Nutrition: Vitamins and Minerals
- (6) HHP 699 or NUTRS 699A Thesis research credits
- (4) STAT 401 Statistical Methods for Research Workers

**NOTES:**

\* Students must fulfill the International Perspectives requirement by selecting coursework from approved list:

<http://www.iastate.edu/~registrar/courses/ip-list.html>

\*\* If ethics course selected is not on the humanities list, 3 additional credits of humanities must be taken.

\*\*\* Course counts toward both Bachelor's and Master's degrees.

Updated December 2007