

DIET & EXERCISE FIVE-YEAR PLAN

Iowa State University Catalog, 2009-2011

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

First Year:	Fall Semester		Spring Semester	
	FS HN 110, or KIN 252 and 253, Orientation	1-3	FS HN 167, Introduction to Human Nutrition	3
	CHEM 163 or 177, College or General Chem.	4	CHEM 178, General Chem. II, if CHEM 177 taken	3
	CHEM 163L or 177L, Chemistry Laboratory	1	Or, elective course	
	BIOL 211, Principles of Biology I	3	BIOL 212, Principles of Biology II	3
	ENGL 150, Critical Thinking-Communication	3	PSYCH 101, Introduction to Psychology	3
	LIB 160, Library	0.5	H S 110, Personal and Consumer Health	<u>3</u>
	MATH 140, 142, 165, or 181, Math course	<u>3-4</u>	Total credits:	15
	Total credits:	15.5-17.5		

Second Year:	Fall Semester		Spring Semester	
	CHEM 231, Elementary Organic Chemistry	3	BBMB 301, Survey of Biochemistry	3
	CHEM 231L, Lab in Elem. Organic Chemistry	1	BIOL 256, Fundamentals of Human Physiology	3
	BIOL 255, Fundamentals of Human Anatomy	3	BIOL 256L, Fund. of Human Physiology Lab.	1
	BIOL 255L, Fund. of Human Anatomy Lab.	1	FS HN 214, Scientific Study of Food	5
	PSYCH 230, Developmental Psychology	3	FS HN 265, Nutr. for Active & Healthy Lifestyles	<u>3</u>
	ENGL 250, WOVE Composition	3	Total credits:	15
	MICRO 201, Microbiology	<u>2</u>		
	Total credits:	16		

Summer: KIN 220, Basic Athletic Training, 2 credits; speech, statistics, or physics optional in the summer for fewer credits in fall.

Third Year:	Fall Semester		Spring Semester	
	FS HN 360, Advanced Human Nutr. & Metabolism	3	KIN 358, Physiology of Exercise	3
	KIN 258, Physical Fitness and Conditioning	2	KIN 259, Leadership Techniques for Fitness	2
	PHYS 106 or 111, Physics course	4	HRI 380, Quantity Food Production Management	3
	SP CM 212, Fundamentals of Speech	3	HRI 380L, Quantity Food Prod. & Service Mgmt	2
	STAT 101, 104, or 226, Statistics	3-4	H S 380, Worksite Health Promotion	3
	<i>FS HN 340, Foundations of Dietetics (optional)</i>	<u>1</u>	FS HN 466, Nutr. Counseling & Educ. Methods	<u>3</u>
	Total credits:	15-17	Total credits:	16

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

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

Fourth Year:	Fall Semester		Spring Semester	
	KIN 501, Research Methods in Physical Activity	2	NUTRS 562, Assessment of Nutr. Status (even yrs)	3
	KIN 505, Research Lab. Techniques in Exercise	3	Or KIN 462 or 510, Medical Aspects of Exercise	
	KIN 558, Physical Fitness (odd yrs)	3	NUTRS 564, Medical Nutrition and Disease II	4
	Or FS HN 463, Community Nutrition		KIN 551, Adv. Physiology of Exercise (odd yrs)	3
	NUTRS 561, Medical Nutrition and Disease I	4	Or HRI 392, Foodservice Systems Mgt. II	
	KIN 355, 360, 366, or 372	<u>3</u>	Humanities/Ethics course	<u>3</u>
	Total credits:	15	Total credits:	13

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

Fifth Year:	Fall Semester		Spring Semester	
	NUTRS 501, Biochemical & Physiological Basis of Nutrition: Macronutrients	3	NUTRS 502, or KIN 550, or KIN 570	3
	FS HN 411, Food Ingredients, Interactions	2	HRI 392, Foodservice Systems Mgt. II	3
	KIN 345, Mgmt. of Health-Fitness Programs	3	Or KIN 551, Adv. Physiology of Exer(odd yrs)	
	FS HN 463, Community Nutrition	3	FS HN 581, Seminar	1
	Or KIN 558, Physical Fitness (odd yrs)		KIN 462, Medical Aspects of Exercise	3
	Humanities/International Perspectives	<u>3</u>	Or NUTRS 562, Nutritional Status (even yrs)	
	Total credits:	14	FS HN 699A or KIN 699, Research	2
			<i>FS HN 590C Teaching Assistant (FSHN Dept.)</i>	<u>1</u>
			Total credits:	12-13

Summer: KIN 699 or NUTRS 699A, Research 1 credit

Note: 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 May 2009