Concurrent BS/MS in DIET AND EXERCISE
Iowa State University Catalog, 2018-2019

Minimum of 125 total semester credits required for Bachelor of Science degree
Minimum of 37-41 total semester credits required for Master of Science degree

COURSES TO BE COMPLETED OR IN PROGRESS TO APPLY FOR ADMISSION TO THE PROGRAM:

(10) COMMUNICATIONS AND LIBRARY
(3) ENGL 150 Critical Thinking and Communication
(3) ENGL 250 Written, Oral, Visual, Electronic Comp.
(1) LIB 160 Information Literacy
(3) SP CM 212 Fundamentals of Public Speaking

(6) SOCIAL SCIENCES
(3) PSYCH 101 Introduction to Psychology
(3) PSYCH 230 Developmental Psychology

(6-8) MATHEMATICAL SCIENCES
(3-4) MATH 140, 143, 160, 165, or 181 Math course
(3-4) STAT 101, 104, or 226 Statistics course

(13-17) PHYSICAL SCIENCES
(5-8) CHEM 163 and 163L College Chemistry and Lab.
Or, CHEM 177, 177L, and 178 General Chemistry I & II
(3) CHEM 231 Elementary Organic Chemistry
(1) CHEM 231L Elementary Organic Chemistry Lab
(4-5) PHYS 115 or 111 Physics course

(19) 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
(1) BIOL 255L Fundamentals of Human Anatomy Lab
(3) BIOL 256 Fundamentals of Human Physiology and
(1) BIOL 256L Fund. of Human Physiology Lab
(2) MICRO 201 Introduction to Microbiology

(20-22) DIET AND EXERCISE COURSEWORK
(1-2) FS HN 110, or KIN 252 and 253 Orientation course(s)
(3) FS HN 167 Introduction to Human Nutrition
(4-5) FS HN 214 and (FS HN 115 or 215) Scientific Study of
Food course and Food Preparation Laboratory course
(3) FS HN 265 Nutrition for Active & Healthy Lifestyles
(1) FS HN 340 Foundations of Dietetic Practice
(3) FS HN 360 Advanced Nutrition &Reg. of Metabolism
(3) H S 110 Personal and Consumer Health
(2) KIN 258 Physical Fitness and Conditioning

REMAINING COURSES TO COMPLETE FOR BACHELOR’S DEGREE REQUIREMENTS:

(3) INTERNATIONAL PERSPECTIVES/U.S. DIVERSITY
Select 3 cr. from International Perspectives course list:
http://www.registrar.iastate.edu/students/div-ip-guide
U.S. Diversity Requirement will be met with NUTRS 563

(6-9) HUMANITIES AND ETHICS
Select 6 credits from approved Humanities course list:
http://fshn.hs.iastate.edu/advising-and-resources/
Select 3 credits from approved Ethics course list. Note: If ethics
course is on the humanities list, it can meet both requirements.

(44) DIET AND EXERCISE COURSEWORK
(3) H S 380 Worksite Health Promotion
(2) A TR 220 Basic Athletic Training
Or, H S 305 Instructor’s First Aid
(2) KIN 259 Leadership Techniques for Fit. Programs
(3) KIN 345 Management of Health-Fitness Programs
(3) KIN 358 Physiology of Exercise
(3) Choose one of the following courses:
KIN 355 Biomechanics
KIN 360 Sociology of Sport and Exercise
KIN 366 Exercise Psychology
KIN 372 Motor Control/Learning Across the Lifespan
(3) KIN 462 Medical Aspects of Exercise
(2) FS HN 361 Nutrition and Health Assessment
(1) FS HN 367 Medical Terminology for Health Professionals
(2) FS HN 403 Food Laws and Regulations
(2) FS HN 411 Food Ingredient Interactions and Formulations
(3) FS HN 466 Nutrition Counseling & Educ. Methods
(3) HSP M 380 Quantity Food Production Management
(3) HSP M 380L Quantity Food Production/Service Mgmt.
(3) HSP M 392 Foodservice Systems Management II
(3) NUTRS 563 Community Nutrition*
(3) NUTRS 564 Medical Nutrition and Disease II*

REMAINING COURSES TO COMPLETE FOR MASTER’S DEGREE REQUIREMENTS:

(37-41) DIET & EXERCISE GRADUATE COURSEWORK
(1) FS HN 581 Seminar**
(1) FS HN 590C Teaching Assistant experience**
(1) FS HN 681 Seminar**
(R) FS HN 682 Seminar Reflection**
(4) NUTRS 501 Biochemical & Phys. Basis of Nutrition
(4) NUTRS 561 Medical Nutrition and Disease I
(3) NUTRS 563 Community Nutrition*
(3) NUTRS 564 Medical Nutrition and Disease II*
(3) KIN 501 Research Methods in Physical Activity
(2) KIN 505 Research Lab. Techniques in Exercise Phys.
(3-6) Select 3-6 credits (FSHN students select 3 credits;
KIN students select 6 credits) from:
KIN 511 Physical Activity Strategies for Youth
KIN 550 Advanced Physiology of Exercise I
KIN 567 Exercise and Health: Behavior Change
KIN 570 Physical Activity Assessment for
Health Related Research
(3) KIN 551 Advanced Physiology of Exercise II
(3) KIN 558 Physical Fitness-Principles, Programs, and Evaluation
(2-6) FS HN or KIN 599 Creative Component (2-3 cr)
Or, KIN or NUTRS 699 Thesis research credits (6 cr)
(4) STAT 587 Statistical Methods for Research Workers

NOTES:
* Course counts toward both bachelor’s and master’s degrees.
** Requirement for students in the FS HN Department. Nov 2017