

# Concurrent BS/MS in DIET AND EXERCISE

## Iowa State University Catalog, 2018-2019

Department of Food Science and Human Nutrition and Department of Kinesiology

*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. Nov2017