

**NUTRITIONAL SCIENCE**  
**Iowa State University Catalog, 2018-2019**  
Department of Food Science and Human Nutrition

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**Options: Family Health<sup>1</sup>, Food Service<sup>2</sup>, Global Health & Policy<sup>3</sup>, Health Coach<sup>4</sup>, Nutrition & Wellness<sup>5</sup>**  
*Minimum of 120 total semester credits required for the degree. Course credits are shown in parentheses.*

**(6) INT'L PERSPECTIVES/U.S. DIVERSITY\***

- (3) Select from International Perspectives approved list:  
<http://www.registrar.iastate.edu/students/div-ip-guide>
- (3) Select from U.S. Diversity approved list:  
<http://www.registrar.iastate.edu/students/div-ip-guide>

**(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

**(17-18) HUMANITIES AND SOCIAL SCIENCES**

- (3) Humanities course\*\*
- (3) PSYCH 101 or 230 Psychology course
- (3) SOC 134 Introduction to Sociology
- (3) POL S 344 Public Policy
- (3) FS HN 342 World Food Issues  
(Course can dual with International Perspectives)

**College of Agriculture & Life Sciences students**

- (2-3) ENV S 120 or 201 Environmental course

**OR, College of Human Sciences students**

- (3) Additional Humanities course\*\*

**(6-8) MATHEMATICAL SCIENCES**

- (3-4) MATH 140, 143, 160, 165, or 181 Math course
- (3-4) STAT 101 or 104 Statistics course

**(5) PHYSICAL SCIENCES**

- (4) CHEM 163 or 177 College Chemistry or Gen. Chem. I
- (1) CHEM 163L or 177L Laboratory in Chemistry

**(19) BIOLOGICAL SCIENCES**

- (3) BIOL 211 Principles of Biology I
- (1) BIOL 211L Principles of Biology Laboratory I
- (3) BIOL 212 Principles of Biology II
- (1) BIOL 212L Principles of Biology Laboratory II
- (3) BIOL 255 Fund. of Human Anatomy
- (1) BIOL 255L Fund. of Human Anatomy Laboratory
- (3) BIOL 256 Fundamentals of Human Physiology and
- (1) BIOL 256L Fund. of Human Physiology Lab
- (2) MICRO 201 Introduction to Microbiology
- (1) MICRO 201L Introductory Microbiology Laboratory

**(5) FOOD SYSTEMS**

- (3) FS HN 242 The US Food System
- (2) FS HN 442 Issues in Food and Society

*Food systems courses include FS HN 242, 342, and 442;  
FS HN 342 fulfills the social science requirement shown above.*

\* Students must fulfill the International Perspectives and U.S. Diversity requirements by selecting coursework from approved lists; courses may dual list with other degree requirements.

\*\* Select humanities course from approved list:

<http://fshn.hs.iastate.edu/advising-and-resources/>

**(36) FOOD SCIENCE AND HUMAN NUTRITION**

- (3) FS HN 101 Food and the Consumer
- (1) FS HN 110 Professional and Educational Preparation
- (2) FS HN 111 Fundamentals of Food Preparation
- (1) FS HN 115 Food Preparation Laboratory
- (3) FS HN 167 Introduction to Human Nutrition
- (1) FS HN 203 Contemporary Issues in FSHN
- (3) FS HN 264 Fund. of Nutritional Biochemistry & Met.
- (3) FS HN 265 Nutrition for Active & Healthy Lifestyles
- (2) FS HN 361 Nutrition and Health Assessment
- (3) FS HN 364 Nutrition & Prevention of Chronic Disease
- (3) FS HN 365 Obesity and Weight Management
- (3) FS HN 366 Communicating Nutrition Messages
- (2) FS HN 403 Food Laws and Regulations
- (3) FS HN 463 Community Nutrition (U.S. Diversity)
- (1) FS HN 480 Professional Communication in FSHN
- (2) FS HN 495 Practicum

**ADDITIONAL COURSEWORK BASED ON OPTION:**

**(18) Family Health Option**

- (3) HD FS 102 Individual and Family Development
- (6) Select two of the following:
- HD FS 223 Child Development and Health
- HD FS 226 Development & Guidance in Middle Child.
- HD FS 227 Adolescent and Emerging Adulthood
- HDFS 234 Adult Development
- HD FS 249 Parenting and Family Diversity Issues
- HD FS 270 Family Communications and Relationships
- (9) Select three of the following:
- HD FS 367 Abuse and Illness in Families
- HD FS 373 Death as a Part of Living
- HD FS 377 Aging and the Family
- HD FS 395 Children, Families, and Public Policy
- HD FS 449 Program Evaluation and Proposal Writing
- HD FS 463 Environments for the Aging
- HD FS 479 Family Interaction Dynamics

**(18) Food Service Option**

- (3) HSP M 380 Quantity Food Production Management
- (3) HSP M 380L Quantity Food Prod. & Service Mgmt. Exp.
- (3) HSP M 391 Foodservice Systems Management I
- (3) HSP M 392 Foodservice Systems Management II
- (3) ECON 101 Principles of Microeconomics
- (3) ACCT 284 Financial Accounting

**(18) Global Health & Policy Option**

- (3) GLOBE 201 Global Resource Systems
- (3) GLOBE 303 Ag., Food & Natural Global Resource Systems
- (3) ECON 101 Principles of Microeconomics
- (3) MICRO 310 Medical Microbiology
- (3) POL S 340 Politics of Developing Areas
- (3) FS HN 460 Global Nutrition

**(18) Health Coach Option**

- (2) KIN 258 Physical Fitness and Conditioning
- (3) KIN 358 Physiology of Exercise
- (4) KIN 458 Principles of Fitness Assess. & Exercise
- (3) PSYCH 101 or 230 (psychology course not already taken)
- (3) PSYCH 422 Counseling Theories and Techniques
- (3) PSYCH 485 Health Psychology

**(10-18) Nutrition and Wellness Option**

At least 9 credits of electives must be 300-400 level courses.

Select from any university coursework to earn at least 120 credits.

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