

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

Pre-Health Professional and Research Option

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 (IP) 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>

(13) COMMUNICATIONS AND LIBRARY

- (3) ENGL 150 Critical Thinking and Communication
(3) ENGL 250 Written, Oral, Visual, Electronic Comp.
(3) ENGL 314 Technical Communication
(1) LIB 160 Information Literacy
(3) SP CM 212 Fundamentals of Public Speaking

(11-15) HUMANITIES AND SOCIAL SCIENCES**

College of Agriculture & Life Sciences students, 11-12 credits

- (3) Humanities course
(3) Social Science
(3) FS HN 342 World Food Issues (Also an IP course)
(2-3) ENV S 120 or 201 Environmental course

OR, College of Human Sciences students, 15 credits

- (6) Humanities courses
(3) Social Science
(3) FS HN 342 World Food Issues
(This course can also meet the IP requirement)
(3) Humanities or Social Science course

(6-12) MATHEMATICAL SCIENCES

- (3-8) MATH 140, 143, 160, 165, 165-166, or 181
Note: Calculus required for many health programs
(3-4) STAT 101 or 104 Statistics course

(17) PHYSICAL SCIENCES

- (4) CHEM 177 General Chemistry I
(1) CHEM 177L General Chemistry I Laboratory
(3) CHEM 178 General Chemistry II
(1) CHEM 178L General Chemistry II Laboratory
(3) CHEM 331 Organic Chemistry I
(1) CHEM 331L Laboratory in Organic Chemistry I
(3) CHEM 332 Organic Chemistry II
(1) CHEM 332L Laboratory in Organic Chemistry II

(24-29) 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
(3-4) BIOL 256 and 256L, or BIOL 335 Physiology
(3) BIOL 313 Principles of Genetics
(3-6) BBMB 301 or 316 Biochemistry course
Or, BBMB 404 and 405 Biochemistry sequence
(2-3) MICRO 201 or 302 Microbiology course
(1) MICRO 201L or 302L Microbiology laboratory

(37) FOOD SCIENCE AND HUMAN NUTRITION

- (1) FS HN 110 Professional and Educational Preparation
(3) FS HN 167 Introduction to Human Nutrition
(1) FS HN 203 Contemporary Issues in FSHN
(3) FS HN 265 Nutrition for Active & Healthy Lifestyles
(3) FS HN 360 Advanced Nutrition & Reg. of Metabolism
(2) FS HN 361 Nutrition and Health Assessment
(3) FS HN 362 Nutrition in Growth and Development
(3) FS HN 467 Molecular Basis of Nutrition in Disease Prevention
(1) FS HN 480 Professional Communication in FSHN
(2) FS HN 492 Research Concepts in Human Nutrition

Select at least 15 additional credits from pre-professional courses listed below:

- (3) BIOL 314 Principles of Molecular Cell Biology
(4-5) FS HN 214 Scientific Study of Food, and lab course:
FS HN 115 or 215
(3) FS HN 242 The U.S. Food System
(3) FS HN 311 Food Chemistry
(3) FS HN 365 Obesity and Weight Management
(1) FS HN 367 Medical Terminology for Health Professionals
(2) FS HN 403 Food Laws and Regulations
(3) FS HN 419 Foodborne Hazards
(3) FS HN 420 Food Microbiology
(4) FS HN 461 Medical Nutrition and Disease I
(3) FS HN 463 Community Nutrition (This course can also meet the U.S. Diversity requirement)
(3) FS HN 464 Medical Nutrition and Disease II
(3) FS HN 466 Nutrition Counseling & Educ. Methods
(1-6) FS HN 490C Independent Study
(1-6) FS HN 499 Undergraduate Research
(3) FS HN 575 Processed Foods
(4) NUTRS 501 Biochemical and Physiological Basis of Nutrition: Macronutrients & Micronutrients
(2) NUTRS 503 Biology of Adipose Tissue
(1) NUTRS 504 Nutrition and Epigenetic Regulation of Gene Expression
(3) NUTRS 562 Assessment of Nutritional Status
(5) PHYS 111 or 221 General Physics or Classical Physics I
(5) PHYS 112 or 222 General Physics or Classical Physics II

(0-12) ELECTIVES – Select from any university coursework to earn ≥ 120 total credits prior to graduation.

NOTES:

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

** Links to approved humanities and social sciences courses:
<http://fshn.hs.iastate.edu/advising-and-resources/>

Updated November 2017