

**NUTRITIONAL SCIENCE  
FOUR-YEAR PLAN**

**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>**

Iowa State University Catalog, 2018-2019

Department of Food Science and Human Nutrition

First Year			
Fall Semester		Spring Semester	
FS HN 110, Professional/Educational Preparation	1	FS HN 101, Food and the Consumer	3
FS HN 167, Introduction to Human Nutrition	3	CHEM 163 or 177, Chemistry lecture course	4
MATH 140, 143, 160, 165, or 181, Math course	3-4	CHEM 163L or 177L, Chemistry laboratory	1
BIOL 211, Principles of Biology I	3	BIOL 212, Principles of Biology II	3
BIOL 211L, Principles of Biology Laboratory I	1	BIOL 212L, Principles of Biology Laboratory II	1
ENGL 150, Critical Thinking and Communication	3	<b>Course based on option:</b> HD FS 102 <sup>1</sup> ,	
LIB 160, Information Literacy	<u>1</u>	ECON 101 <sup>2,3</sup> , PSYCH 101 or 230 <sup>4</sup> , or Elective <sup>5</sup>	<u>3</u>
Total credits:	15-16	Total credits:	15
Second Year			
Fall Semester		Spring Semester	
FS HN 111, Fundamentals of Food Preparation	2	FS HN 203, Contemporary Issues in FSHN	1
FS HN 115, Food Preparation Laboratory	1	<b>FS HN 242, The US Food System**</b>	3
<b>FS HN 264, Fund. of Nutritional Biochemistry*</b>	3	<b>FS HN 265, Nutr. for Active, Healthy Lifestyles**</b>	3
<b>BIOL 255, Fundamentals of Human Anatomy*</b>	3	<b>BIOL 256, Fundamentals of Human Physiology**</b>	3
<b>BIOL 255L, Fund. of Human Anatomy Lab.*</b>	1	<b>BIOL 256L, Fund. Of Human Physiology Lab.**</b>	1
ENGL 250, Written, Oral, Visual, Electronic Comp.	3	MICRO 201, Introduction to Microbiology	2
<b>Course based on option:</b> HD FS course from list <sup>1</sup> ,		MICRO 201L, Introductory Microbiology laboratory	<u>1</u>
ACCT 284 <sup>2</sup> , GLOBE 201 <sup>3</sup> , KIN 258 <sup>4</sup> , or Elective <sup>5</sup>	<u>2-3</u>	Total credits:	14
Total credits:	15-16		
Third Year			
Fall Semester		Spring Semester	
<b>FS HN 364, Nutr/Prevention of Chronic Disease*</b>	3	FS HN 342, World Food Issues	3
PSYCH 101 or 230, Psychology course	3	<b>FS HN 361, Nutrition &amp; Health Assessment**</b>	2
SP CM 212, Fundamentals of Public Speaking	3	<b>FS HN 365, Obesity and Weight Management**</b>	3
STAT 104 (3cr) or 101 (4cr), Statistics course	3-4	<b>FS HN 366, Communicating Nutrition Messages**</b>	3
<b>Course based on option:</b>		Humanities (H Sci) or ENV S (AgLS)	2-3
HD FS course from list <sup>1</sup> , HSP M 380 & 380L <sup>2</sup> ,		<b>Course based on option:</b>	
<b>GLOBE 303<sup>3*</sup>, PSYCH 485<sup>4*</sup>, or Elective<sup>5</sup></b>	<u>3-5</u>	HD FS course from list <sup>1</sup> , Elective <sup>2</sup> , <b>POL S 340<sup>3**</sup>,</b>	
Total credits:	15-18	KIN 358 <sup>4</sup> , or 300-400 level elective <sup>5</sup>	<u>3</u>
		Total credits:	16-17
Fourth Year			
Fall Semester		Spring Semester	
<b>FS HN 442, Issues in Food and Society*</b>	2	FS HN 403, Food Laws and Regulations	2
<b>FS HN 463, Community Nutrition*</b>	3	<b>FS HN 495, Practicum**</b>	2
Humanities <sup>1,2,4,5</sup> or FS HN 460 <sup>3</sup>	3	POL S 344, Public Policy	3
SOC 134, Introduction to Sociology	3	FS HN 480, Professional Communication	1
<b>Course based on option:</b>		<b>Course based on option:</b>	
HD FS course from list <sup>1</sup> , <b>HSP M 391<sup>2*</sup>, MICRO</b>		HD FS course from list <sup>1</sup> , <b>HSP M 392<sup>2**</sup>, Humanities<sup>3</sup>,</b>	
<b>310<sup>3*</sup>, PSYCH 422<sup>4</sup>, or 300-400 level elective<sup>5</sup></b>	<u>3</u>	KIN 458 <sup>4</sup> , or 300-400 level elective <sup>5</sup>	3
Total credits:	14	Electives (choose electives to total at least 120 credits)	<u>2-4</u>
		Total credits:	13-15

\* Fall-only course offering, \*\* Spring-only course offering. Planned course offerings may change, and students need to check the online Schedule of Classes each term to confirm course offerings: <http://classes.iastate.edu/>.

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 November 2017