### Concurrent BS/MS in DIET AND EXERCISE: FIVE-YEAR PLAN

**Iowa State University Catalog, 2018-2019**

**Department of Food Science and Human Nutrition and Department of Kinesiology**

#### First Year:  Fall Semester  |  Spring Semester
---|---
FS HN 110, or KIN 252 and 253, Orientation  |  FS HN 167, Introduction to Human Nutrition  
CHEM 163 or 177, College or General Chem. I  |  CHEM 178, General Chem. II, if CHEM 177 taken  
CHEM 163L or 177L, Chemistry Laboratory  |  Or, elective course  
BIOL 211, Principles of Biology I  |  BIOL 212, Principles of Biology II  
ENGL 150, Critical Thinking & Communication  |  PSYCH 101, Introduction to Psychology  
LIB 160, Information Literacy  |  H S 110, Personal and Consumer Health  
MATH 140, 143, 160, 165, or 181, Math course  |  Total credits: 15
Total credits: 16-18

#### Second Year:  Fall Semester  |  Spring Semester
---|---
CHEM 231, Elementary Organic Chemistry  |  FS HN 265, Nutr. for Active &Healthy Lifestyles**  
CHEM 231L, Lab in Elem. Organic Chemistry  |  FS HN 361, Nutrition and Health Assessment**  
BIOL 255, Fundamentals of Human Anatomy *  |  FS HN 367, Medical Terminology for Health Prof.  
BIOL 255L, Fund. of Human Anatomy Lab.*  |  H S 380, Worksite Health Promotion  
PSYCH 230, Developmental Psychology  |  HSP M 380, Quality Food Production Mgmt.  
ENGL 250, Written, Oral, Visual, Electronic Comp.  |  HSP M 380L, Quantity Food Prod. & Service Mgmt  
MICRO 201, Introduction to Microbiology  |  FS HN 214, Scientific Study of Food  
Total credits: 3-4  |  FS HN 115 or 215, Food Preparation Lab.  
Total credits: 14-15

**Summer:** A TR 220, Basic Athletic Training, or H S 305, Instructor’s First Aid and CPR in spring or fall

#### Third Year:  Fall Semester  |  Spring Semester
---|---
FS HN 340, Foundations of Dietetic Practice*  |  FS HN 361, Nutrition and Health Assessment**  
FS HN 360, Adv. Nutrition &Reg. of Metabolism*  |  FS HN 367, Medical Terminology for Health Prof.  
KIN 258, Physical Fitness and Conditioning  |  H S 380, Worksite Health Promotion  
PHYS 115 (4 cr) or 111 (5 cr), Physics course  |  HSP M 380, Quality Food Production Mgmt.  
SP CM 212, Fundamentals of Speech  |  HSP M 380L, Quantity Food Prod. & Service Mgmt  
STAT 101, 104, or 226, Statistics course  |  FS HN 259, Leadership Techniques for Fitness  
Total credits: 3-4  |  Total credits: 2
Total credits: 16-18  |  KIN 358, Physiology of Exercise  
Total credits: 17

Apply for admission to the BS/MS program by Oct. 1.
Acceptance into the program required before spring of the third year.

**Summer:** Research credits (KIN 599, FS HN 599, FS HN 699, or NUTRS 699); plus STAT 587, Statistical Methods course, 4 credits

#### Fourth Year:  Fall Semester  |  Spring Semester
---|---
KIN 505, Research Lab. Techniques in Exercise  |  KIN 462, Medical Aspects of Exercise  
KIN 511 (odd years)*, 550, 567, or 570  |  KIN 501, Research Methods in Physical Activity**  
KIN 558, Physical Fitness (only offered odd yrs)*  |  KIN 551, Advanced Physiology of Exercise II**  
NUTRS 561, Medical Nutrition and Disease I*  |  NUTRS 564, Medical Nutrition and Disease II **  
NUTRS 563, Community Nutrition*  |  FS HN 581/FS HN 682, Seminar (FSHN Dept.)  
(Not: Time conflict with NUTRS 501 next fall)  |  Humanities/Ethics course  
FS HN 682, Seminar Reflection (FSHN Dept.)  |  Total credits: 3
R  |  Total credits: 16

**Summer:** Research credits (KIN 599, FS HN 599, KIN 699, or NUTRS 699); plus FS HN 403, Food Laws and Regulations, 2 credits

#### Fifth Year:  Fall Semester  |  Spring Semester
---|---
FS HN 411, Food Ingredient Interactions and Form.  |  FS HN 466, Nutrition Counseling & Educ. Methods  
KIN 355, 360, 366, or 372  |  FS HN 590C Teaching Assistant (FSHN Dept.)  
Additional course: KIN 511, 550, 567, 570 (KIN Dept)  |  HSP M 392, Foodservice Systems Mgt. II**  
NUTRS 501, Biochem/Physiological Basis of Nutr*  |  KIN 345, Mgmt. of Health-Fitness Programs  
Humanities/International Perspectives  |  KIN 599, FS HN 599, KIN 699, or NUTRS 699  
FS HN 682, Seminar Reflection (FSHN Dept.)  |  Total credits: 2
R  |  FS HN 681, Seminar (FSHN Dept.)  
Total credits: 13

* 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/](http://classes.iastate.edu/). This sequence is only an example.

*Updated November 2017*