

**NUTRITIONAL SCIENCE**  
**Iowa State University Catalog, 2017-2018**  
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 Societal Impacts on Food Systems  
(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://www.fshn.hs.iastate.edu/undergraduate/advising/approved-courses/>

**(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, Regulations, & Reg. Process  
(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

**(17) Food Service Option**

- (3) HSP M 380 Quantity Food Production Management  
(2) 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 460/560 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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