

# NUTRITIONAL SCIENCE: PRE-HEALTH PROFESSIONAL AND RESEARCH OPTION FOUR-YEAR PLAN

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 167, Introduction to Human Nutrition	3
CHEM 177, General Chemistry I	4	CHEM 178, General Chemistry II	3
CHEM 177L, General Chemistry Laboratory I	1	CHEM 178L, General Chemistry II 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	MATH 140, 143, 160, 165, or 181	<u>3-4</u>
LIB 160, Information Literacy	1	Total credits:	14-15
Humanities course	<u>3</u>		
Total credits:	17		
Second Year			
	Fall Semester		Spring Semester
CHEM 331, Organic Chemistry I	3	CHEM 332, Organic Chemistry II	3
CHEM 331L, Organic Chemistry Laboratory I	1	CHEM 332L, Organic Chemistry Laboratory II	1
BIOL 313, Principles of Genetics	3	BBMB 301 or 316, or BBMB 404 and 405 the next yr	3
STAT 104 (3cr) or 101 (4cr), Statistics course	3-4	<b>FS HN 265, Nutr. for Active, Healthy Lifestyles**</b>	3
ENGL 250, Written, Oral, Visual, Electronic Comp.	3	FS HN 203, Contemporary Issues in FSHN	1
SP CM 212, Fundamentals of Public Speaking	<u>3</u>	Social Science	<u>3</u>
Total credits:	16-17	Total credits:	14
Third Year			
	Fall Semester		Spring Semester
<b>BIOL 255, Fundamentals of Human Anatomy*</b>	3	<b>BIOL 256 &amp; 256L** or BIOL 335*(fall) Physiology</b>	3-4
<b>BIOL 255L, Fund. of Human Anatomy Lab.*</b>	1	<b>FS HN 361, Nutrition and Health Assessment**</b>	2
<b>FS HN 360, Adv. Nutrition &amp; Reg. of Metabolism*</b>	3	<b>FS HN 362, Nutrition in Growth&amp;Development**</b>	3
MICRO 201 or 302, Microbiology course	2-3	Humanities/social sci. (H Sci) or ENV S (AgLS)	<u>3</u>
MICRO 201L or 302L, Microbiology laboratory	1	Additional course from approved list	<u>3</u>
Humanities course (H Sci) or elective*	3	Total credits:	14-15
FS HN 342, World Food Issues	<u>3</u>		
Total credits:	16-17		
Fourth Year			
	Fall Semester		Spring Semester
FS HN 480, Professional Communication	1	ENGL 314 Technical Communication	3
<b>FS HN 492, Research Concepts in Human Nutr.*</b>	2	<b>FS HN 467, Mol. Basis of Nutr. in Disease Prev.**</b>	3
Additional course from approved list	3	Additional course from approved list	3
Additional course from approved list	3	U.S. Diversity (if not already taken) or elective	3
Additional course from approved list	3	Elective	<u>2-3</u>
Elective	<u>3</u>	Total credits:	14-15
Total credits:	15		

Choose elective courses to total  $\geq 120$  credits. Select at least 15 additional credits from: BIOL 314; FS HN 214 with lab (FS HN 115 or 215); FS HN 242, 311, 365, 367, 403, 419, 420, 461, 463, 464, 466, 490C, 499, 575; NUTRS 501, 503, 504, 562; PHYS 111 or 221; PHYS 112 or 222.

\* **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*