

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:
	Total credits:	

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	BBMB 301, Survey of Biochemistry
	BIOL 255, Fundamentals of Human Anatomy *	BIOL 256, Fund. of Human Physiology**
	BIOL 255L, Fund. of Human Anatomy Lab.*	BIOL 256L, Fund. of Human Physiology Lab.**
	PSYCH 230, Developmental Psychology	FS HN 214, Scientific Study of Food
	ENGL 250, Written, Oral, Visual, Electronic Comp.	FS HN 115 or 215, Food Preparation Lab.
	MICRO 201, Introduction to Microbiology	Total credits:
	Total credits:	

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, Quantity Food Production Mgmt.
	SP CM 212, Fundamentals of Speech	HSP M 380L, Quantity Food Prod. & Service Mgmt
	STAT 101, 104, or 226, Statistics course	KIN 259, Leadership Techniques for Fitness
	Total credits:	KIN 358, Physiology of Exercise
		Total credits:

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, KIN 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.)
	(Note: Time conflict with NUTRS 501 next fall)	Humanities/Ethics course
	FS HN 682, Seminar Reflection (FSHN Dept.)	Total credits:
	Total credits:	

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.)	FS HN 681, Seminar (FSHN Dept.)
	Total credits:	Total credits:

* **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/>. This sequence is only an example.

Updated November 2017