

**Bachelor of Science in Nutritional Science**  
**Nutrition and Wellness Option**  
**3-Year Course Plan**

Iowa State University Catalog, 2022-2023  
 Department of Food Science and Human Nutrition

Iowa State University participates in the Advanced Placement program of the College Board, and credit for the College-Level Examination Program (CLEP) testing may be granted. Students who are interested in an accelerated 3-year plan to earn a bachelor's degree are encouraged to take the national examinations through the College Board to qualify for academic credit through Advanced Placement and CLEP Exams (<http://www.admissions.iastate.edu/cbe/>) prior to starting the degree program.

For an accelerated degree program, students should plan for:

- Completion of Psychology and 6 credits of Humanities through Advanced Placement or CLEP exams.
- Placement into ENGL 250 with ACT-E score of 24 or above; Test-out credit for ENGL 150 is earned with placement into ENGL 250 and completion of ENGL 250 at Iowa State University with a grade of C or above.

1 <sup>st</sup> YEAR: Fall Semester		Spring Semester	
FS HN 101, Food and the Consumer	3	<b>FS HN 242, The US Food System **</b>	3
FS HN 110, Professional/Educational Preparation	1	FS HN 203, Contemporary Issues in FSHN	1
FS HN 167, Introduction to Human Nutrition	3	BIOL 212, Principles of Biology II	3
BIOL 211, Principles of Biology I	3	BIOL 212L, Principles of Biology Laboratory II	1
BIOL 211L, Principles of Biology Laboratory I	1	CHEM 163 or 177, Chemistry lecture course	4
MATH 140, 143, 160, 165, or 181	3-4	CHEM 163L or 177L, Chemistry laboratory	1
LIB 160, Information Literacy	<u>1</u>	ENGL 250, Written, Oral, Visual, Electronic Comp.	<u>3</u>
Total credits:	15-16	Total credits:	16

**Summer:** SP CM 212, Fundamentals of Public Speaking; and SOC 134, Introduction to Sociology = 6 credits

2 <sup>nd</sup> YEAR: Fall Semester		Spring Semester	
<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
FS HN 111, Fundamentals of Food Preparation	2	<b>FS HN 361, Nutrition &amp; Health Assessment</b>	2
FS HN 115, Food Preparation Laboratory	1	COMST 450B, Spec. Topics: Health Communication	3
STAT 101 or 104, Statistics	3-4	POL S 344, Public Policy	3
Elective*	<u>3</u>	FS HN 445X, Strategies for Food Waste Reduction	<u>1</u>
Total credits:	16-17	Total credits:	16

**Summer:** FS HN 342, World Food Issues; and Elective\* = 6 credits

3 <sup>rd</sup> YEAR: Fall Semester		Spring Semester	
<b>FS HN 364, Nutr/Prevention of Chronic Disease</b>	3	<b>FS HN 365, Obesity and Weight Management</b>	3
<b>FS HN 442, Issues in Food and Society</b>	2	<b>FS HN 430, U.S. Health Systems &amp; Policy</b>	2
<b>FS HN 463, Community Nutrition</b>	3	<b>FS HN 495, Practicum**</b>	2
300-400 level elective course*	3	MICRO 201, Introduction to Microbiology	2
300-400 level elective course*	3	MICRO 201L, Microbiology laboratory	1
Elective*	<u>3</u>	300-400 level elective course*	3
Total credits:	17	Elective*	<u>3</u>
		Total credits:	16

\*Choose elective courses to total ≥ 120 credits. At least 9 credits of electives must be 300-400 level courses.

**Note: Courses in bold are fall-only or spring-only course offerings.** 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. 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 Dec. 2021*