

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

Iowa State University Catalog, 2022-2023

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	1-2	FS HN 167, Introductory Human Nutrition&Health	3
	CHEM 163 or 177, College or General Chem. I	4	BIOL 212, Principles of Biology II	3
	CHEM 163L or 177L, Chemistry Laboratory	1	PSYCH 230, Developmental Psychology	3
	PSYCH 101, Introduction to Psychology	3	H S 110, Personal and Consumer Health	3
	ENGL 150, Critical Thinking & Communication	3	Humanities/Ethics course	3
	LIB 160, Introduction to College Level Research	1	Total credits:	<u>3</u>
	MATH 140, 143, 160, or 165, Math course	<u>3-4</u>		15
	Total credits:	16-18		

Second Year:	Fall Semester	Spring Semester		
	<b>BIOL 255, Fundamentals of Human Anatomy *</b>	3	<b>BIOL 256, Fund. 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
	CHEM 231, Elementary Organic Chemistry	3	<b>FS HN 265, Nutr. for Active &amp;Healthy Lifestyles**</b>	3
	CHEM 231L, Lab in Elem. Organic Chemistry	1	FS HN 214, Scientific Study of Food	3
	SP CM 212, Fundamentals of Speech	3	FS HN 115 or 215, Food Preparation Lab.	1-2
	ENGL 250, Written, Oral, Visual, Electronic Comp.	3	BBMB 301, Survey of Biochemistry	<u>3</u>
	MICRO 201, Introduction to Microbiology	<u>2</u>	Total credits:	14-15
	Total credits:	16		

Third Year:	Fall Semester	Spring Semester		
	<b>FS HN 340, Foundations of Dietetic Practice*</b>	1	<b>FS HN 361, Nutrition and Health Assessment**</b>	2
	<b>FS HN 360, Adv. Nut.&amp;Reg. of Met. in Hlth&amp;Dis*</b>	3	FS HN 367, Medical Terminology for Health Prof.	1
	KIN 258, Physical Fitness and Conditioning	2	H S 380, Worksite Health Promotion	3
	PHYS 115 or 131, Physics	4	HSP M 380, Food Production Management	3
	A TR 220 or H S 305	2	HSP M 380L, Food Production Mgmt. Experience	3
	STAT 101, 104, or 226, Statistics course	<u>3-4</u>	KIN 259, Leadership Techniques for Fitness	3
	Total credits:	15-16	KIN 358, Physiology of Exercise	<u>3</u>
			Total credits:	18

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		
	<b>KIN 505, Research Lab. Techniques in Exercise*</b>	2	<b>NUTRS 564, Medical Nutrition and Disease II **</b>	3
	<b>KIN 511 (odd years)*, 550*, 567, or 570</b>	3	<b>KIN 501, Research Methods in Physical Activity**</b>	3
	<b>NUTRS 561, Medical Nutrition and Disease I*</b>	4	<b>KIN 551, Advanced Physiology of Exercise**</b>	3
	<b>NUTRS 563, Community Nutrition*</b>	3	KIN 462, Medical Aspects of Exercise	3
	(Note: Time conflict with NUTRS 501 next fall)		FS HN <b>581**</b> & FS HN 682, Seminar (FSHN Dept.)	1
	FS HN 682, Seminar Reflection (FSHN Dept.)	<u>R</u>	FS HN 430, U.S Health Systems & Policy	<u>2</u>
	Total credits:	12	Total credits:	15

Summer: Research credits (KIN 599, FS HN 599, KIN 699, or NUTRS 699)

Fifth Year:	Fall Semester	Spring Semester		
	<b>NUTRS 501, Biochem/Physiological Basis of Nutr*</b>	4	<b>HSP M 392, Foodservice Systems Mgt. II**</b>	3
	<b>HSP M 391, Food Systems Management I*</b>	3	KIN 599, FS HN 599, KIN 699, or NUTRS 699	2
	Additional: <b>KIN 511*, 550*, 567, or 570</b> (KIN Dept)	3	FS HN 466, Nutrition Counseling & Educ. Methods	3
	KIN 355, 360, 366, 372, or 458	3	FS HN 590C Teaching Assistant (FSHN Dept.)	1
	FS HN 411, Food Ingredient Interactions and Form.	2	FS HN 681, Seminar (FSHN Dept.)	1
	FS HN 682, Seminar Reflection (FSHN Dept.)	<u>R</u>	Humanities/International Perspectives	<u>3</u>
	Total credits:	15	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/>. This sequence is only an example.

Updated January 2022