

NUTRITIONAL SCIENCE

FOUR-YEAR PLAN

Options: Health Coach¹, Nutrition & Wellness²

Iowa State University Catalog, 2022-2023

Department of Food Science and Human Nutrition

First Year			
Fall Semester		Spring Semester	
FS HN 110, Professional/Educational Preparation	1	FS HN 101, Food and the Consumer	3
FS HN 167, Introductory Human Nutrition & Health	3	CHEM 163 or 177, Chemistry lecture course	4
MATH 140, 143, 160, 165, Math course	3-4	CHEM 163L or 177L, Chemistry 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	Course based on option: PSYCH 101 or 230 ¹	
LIB 160, Introduction to College Level Research	<u>1</u>	or Elective ²	<u>3</u>
Total credits:	15-16	Total credits:	15

Second Year			
Fall Semester		Spring Semester	
FS HN 264, Fund. of Nutritional Biochemistry*	3	FS HN 265, Nutr. for Active, Healthy Lifestyles**	3
BIOL 255, Fundamentals of Human Anatomy*	3	BIOL 256 and 256L (or BIOL 335), Physiology**	3-4
BIOL 255L, Fund. of Human Anatomy Lab.*	1	FS HN 242, The US Food System**	3
MICRO 201, Introduction to Microbiology	2	FS HN 111, Fundamentals of Food Preparation*	2
MICRO 201L, Introductory Microbiology Lab.	1	FS HN 115, Food Preparation Laboratory	1
ENGL 250, Written, Oral, Visual, Electronic Comp.	3	FS HN 203, Contemporary Issues in FSHN	1
Course based on option: KIN 258 ¹ or Elective ²	<u>2-3</u>	Total credits:	13-14
Total credits:	15-16		

Third Year			
Fall Semester		Spring Semester	
FS HN 364, Nutr/Prevention of Chronic Disease*	3	FS HN 361, Nutrition & Health Assessment**	2
PSYCH 101 or 230, Psychology course	3	FS HN 365, Obesity Health**	3
SP CM 212, Fundamentals of Public Speaking	3	FS HN 342, World Food Issues	3
STAT 104 (3cr) or 101 (4cr), Statistics course	3-4	COMST 450B, Spec. Topics: Health Communication	3
Course based on option:		Humanities (H Sci) or elective (AgLS)	3
KIN 358 ¹ or Elective ²	<u>3-6</u>	Course based on option:	
Total credits:	15-18	KIN 458 ¹ or 300-400 level elective ²	<u>3-4</u>
		Total credits:	17-18

Fourth Year			
Fall Semester		Spring Semester	
FS HN 442, Issues in Food and Society*	2	FS HN 495, Practicum**	2
FS HN 463, Community Nutrition & Health*	3	FS HN 445X, Strategies for Food Waste Reduct.**	1
Humanities	3	FS HN 430, U.S. Health Systems & Policy	2
SOC 134, Introduction to Sociology	3	POL S 344, Public Policy	3
Course based on option:		Course based on option:	
PSYCH 422 ^{1*} or 300-400 level elective ²	<u>3</u>	PSYCH 485 ¹ or 300-400 level elective ²	3
Total credits:	14	Electives (choose electives to total at least 120 cr.)	<u>2-4</u>
		Total credits:	13-15

* 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 January 2022