

Concurrent BS/MS in DIET AND EXERCISE

Iowa State University Catalog, 2022-2023

Department of Food Science and Human Nutrition and Department of Kinesiology

Minimum of 122 total semester credits required for Bachelor of Science degree

Minimum of 34-38 total semester credits required for Master of Science degree

COURSES TO BE COMPLETED OR IN PROGRESS TO APPLY FOR ADMISSION TO THE PROGRAM:

(10) COMMUNICATIONS AND LIBRARY

- (3) ENGL 150 Critical Thinking and Communication
- (3) ENGL 250 Written, Oral, Visual, Electronic Comp.
- (1) LIB 160 Introduction to College Level Research
- (3) SP CM 212 Fundamentals of Public Speaking

(6) SOCIAL SCIENCES

- (3) PSYCH 101 Introduction to Psychology
- (3) PSYCH 230 Developmental Psychology

(6-8) MATHEMATICAL SCIENCES

- (3-4) MATH 140, 143, 160, 165 Math course
- (3-4) STAT 101, 104, or 226 Statistics course

(13-14) PHYSICAL SCIENCES

- (5) CHEM 163 and 163L College Chemistry and Lab.
Or, CHEM 177, 177L General Chemistry and Lab.
- (3) CHEM 231 Elementary Organic Chemistry
- (1) CHEM 231L Elementary Organic Chemistry Lab
- (4-5) PHYS 115 or 131 Physics

(16) BIOLOGICAL SCIENCES

- (3) BBMB 301 Survey of Biochemistry
- (3) BIOL 212 Principles of Biology II
- (3) BIOL 255 Fundamentals of Human Anatomy
- (1) BIOL 255L Fundamentals of Human Anatomy Lab
- (3) BIOL 256 Fundamentals of Human Physiology and
- (1) BIOL 256L Fund. of Human Physiology Lab
- (2) MICRO 201 Introduction to Microbiology

(20-22) DIET AND EXERCISE COURSEWORK

- (1-2) FS HN 110, or KIN 252 and 253
- (3) FS HN 167 Introductory Human Nutrition and Health
- (4-5) FS HN 214 and (FS HN 115 or 215) Scientific Study of Food course and Food Preparation Laboratory course
- (3) FS HN 265 Nutrition for Active & Healthy Lifestyles
- (1) FS HN 340 Foundations of Dietetic Practice
- (3) FS HN 360 Adv. Nut./Reg. of Met. in Hlth & Disease
- (3) H S 110 Personal and Consumer Health 167
- (2) KIN 258 Physical Fitness and Conditioning

REMAINING COURSES TO COMPLETE FOR BACHELOR'S DEGREE REQUIREMENTS:

(3) INTERNATIONAL PERSPECTIVES/U.S. DIVERSITY

Select 3 cr. from International Perspectives course list:

<https://www.registrar.iastate.edu/students/div-ip-guide/IntlPerspectives-current>

U.S. Diversity Requirement will be met with NUTRS 563

(6-9) HUMANITIES AND ETHICS

Select 6 credits from approved Humanities course list:

<https://www.cals.iastate.edu/student-services/humanities>

Select 3 credits from approved Ethics course list:

<https://www.cals.iastate.edu/student-services/ethics>

(If ethics course is on the humanities list, it can meet both requirements.)

(42) DIET AND EXERCISE COURSEWORK

- (3) H S 380 Worksite Health Promotion
- (2) A TR 220 Basic Athletic Training
Or, H S 305 Instructor's First Aid and CPR
- (3) KIN 259 Leadership Techniques for Fit. Programs
- (3) KIN 358 Physiology of Exercise
- (3) Choose one of the following courses:
 - KIN 355 Biomechanics
 - KIN 360 Sociology of Physical Activity and Health
 - KIN 366 Exercise Psychology
 - KIN 372 Motor Control/Learning Across the Lifespan
 - KIN 458 Prin. Of Fitness Assess. & Exercise Prescrip.
- (3) KIN 462 Medical Aspects of Exercise
- (2) FS HN 361 Nutrition and Health Assessment
- (1) FS HN 367 Medical Term. for Health Professionals
- (2) FS HN 430 U.S. Health Systems and Policy
- (2) FS HN 411 Food Ingredient Interactions and Formulations
- (3) FS HN 466 Nutrition Counseling & Educ. Methods
- (3) HSP M 380 Food Production Management
- (3) HSP M 380L Food Production Management Experience
- (3) HSP M 391 Food Service Management I
- (3) HSP M 392 Foodservice Systems Management II
- (3) NUTRS 563 Community Nutrition*
- (3) NUTRS 564 Medical Nutrition and Disease II*

REMAINING COURSES TO COMPLETE FOR MASTER'S DEGREE REQUIREMENTS:

(34-38) DIET & EXERCISE GRADUATE COURSEWORK

- (1) FS HN 581 Seminar**
- (1) FS HN 590C Teaching Assistant experience**
- (1) FS HN 681 Seminar**
- (R) FS HN 682 Seminar Reflection**
- (4) NUTRS 501 Biochemical & Phys. Basis of Nutrition
- (4) NUTRS 561 Medical Nutrition and Disease I
- (3) NUTRS 563 Community Nutrition*
- (3) NUTRS 564 Medical Nutrition and Disease II*
- (3) KIN 501 Research Methods in Physical Activity
- (2) KIN 505 Research Lab. Techniques in Exercise Phys.
- (3) KIN 550 or 551 Advanced Physiology of Exercise I or II
- (4) STAT 587 Statistical Methods for Research Workers
- (3-6) Select 3-6 additional credits from the following list (FSHN students select 3 credits; KIN students select 6 credits):
 - KIN 511 Physical Activity Strategies for Youth
 - KIN 550 Advanced Physiology of Exercise I
 - KIN 551 Advanced Physiology of Exercise II
 - KIN 567 Exercise and Health: Behavior Change
 - KIN 570 Physical Activity Assessment for Health Related Research
- (2-6) Select 2-3 credits for creative component or 6 credits for thesis research: FS HN or KIN 599 (2-3 cr)
Or, KIN or NUTRS 699 Thesis research credits (6 cr)

* Course counts toward both bachelor's and master's degrees.

** Requirement for students in the FS HN Department.

Updated January 2022