Health Coach Option, Nutrition & Wellness Option

Minimum of 120 total semester credits required for the degree. Course credits are shown in parentheses.

(6) INT’L PERSPECTIVES/U.S. DIVERSITY*
(3) Select from International Perspectives (IP) approved list: https://www.registrar.iastate.edu/students/div-ip-guide/IntlPerspectives-current
(3) Select from U.S. Diversity approved list: https://www.registrar.iastate.edu/students/div-ip-guide/usdiversity-courses

(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

(15-18) HUMANITIES AND SOCIAL SCIENCES
(3) Humanities course**
(3) PSYCH 101 or 230 Psychology course
(3) SOC 134 Introduction to Sociology
(3) POL S 344 Public Policy
(3) FS HN 342 World Food Issues
  (Course can dual with International Perspectives)

College of Agriculture & Life Sciences students
(3) Elective

OR, College of Human Sciences students
(3) Additional Humanities course**

(6-8) MATHEMATICAL SCIENCES
(3-4) MATH 140, 143, 160, or 165 Math course
(3-4) STAT 101 or 104 Statistics course

(5) PHYSICAL SCIENCES
(4) CHEM 163 or 177 College Chemistry or Gen. Chem. I
(1) CHEM 163L or 177L Laboratory in Chemistry

(18-19) BIOLOGICAL SCIENCES
(3) BIOL 211 Principles of Biology I
(1) BIOL 211L Principles of Biology Laboratory I
(3) BIOL 212 Principles of Biology II
(1) BIOL 212L Principles of Biology Laboratory II
(3) BIOL 255 Fund. of Human Anatomy
(1) BIOL 255L Fund. of Human Anatomy Laboratory
(3-4) BIOL 256 and 256L, or BIOL 335 Physiology
(2) MICRO 201 Introduction to Microbiology
(1) MICRO 201L Introductory Microbiology Laboratory

(5) FOOD SYSTEMS
(3) FS HN 242 The US Food System
(2) FS HN 442 Issues in Food and Society

Food systems courses include FS HN 242, 342, and 442; FS HN 342 fulfills the social science requirement shown above.

(36) FOOD SCIENCE AND HUMAN NUTRITION
(3) FS HN 101 Food and the Consumer
(1) FS HN 110 Professional and Educational Preparation
(2) FS HN 111 Fundamentals of Food Preparation
(1) FS HN 115 Food Preparation Laboratory
(3) FS HN 167 Introductory Human Nutrition & Health
(1) FS HN 203 Contemporary Issues in FSHN
(3) FS HN 264 Fund. of Nutritional Biochemistry & Met.
(3) FS HN 265 Nutrition for Active &Healthy Lifestyles
(2) FS HN 361 Nutrition and Health Assessment
(3) FS HN 364 Nutrition & Prevention of Chronic Disease
(3) FS HN 365 Obesity Health
(2) FS HN 430 U.S. Health Systems and Policy
(1) FS HN 445X Strategies for Personal Food Waste Reduction
(3) FS HN 463 Community Nutrition & Health (Course can also meet U.S. Diversity requirement)
(2) FS HN 495 Practicum
(3) COMST 450B Spec. Topics in Communication Studies: Health Communication

ADDITIONAL COURSEWORK BASED ON OPTION:

(18) Health Coach Option
(2) KIN 258 Physical Fitness and Conditioning
(3) KIN 358 Physiology of Exercise
(4) KIN 458 Principles of Fitness Assess.& Exercise
(3) PSYCH 101 or 230 (psychology course not already taken)
(3) PSYCH 422 Counseling Theories and Techniques
(3) PSYCH 485 Health Psychology

(10-18) Nutrition and Wellness Option
At least 9 credits of electives must be 300-400 level courses.
Select from any university coursework to earn at least 120 credits.

NOTES:
Students are encouraged to pursue a minor, such as:
  Communication studies
  Entrepreneurship
  Environmental studies
  Event management
  Exercise science
  Global health
  Health promotion
  Hospitality management
  Human development and family studies
  Leadership studies

* Students must fulfill the International Perspectives and U.S. Diversity requirements by selecting coursework from approved lists; these courses may dual with other degree requirements.
** Link to approved humanities courses: https://www.cals.iastate.edu/student-services/humanities

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