

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

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>

Updated January 2022