DEGREE PLANNING SHEET SHOWING COURSE SEQUENCES THROUGH THE 3RD YEAR

Meet with your academic adviser/major professor to discuss remaining coursework and prerequisites.

*See 2022-2023 Catalog for all course requirements. Course Offerings:  F=Fall,  S=Spring,  SS=Summer

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**PRE-DIET & EXERCISE MAJOR**

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**Upper-Level FSHN/NUTRS Courses**

- FS HN 110  
  - F, S  
  - 1 cr

- ChEM 163/163L  
  - F, S, SS  
  - 5 cr

- OR  
  - ChEM 177/177L  
  - F, S, SS  
  - 5 cr

- BIOL 212  
  - F, S  
  - 3 cr

- Math 140, 143, 160, or 165  
  - F, S, SS  
  - 3-4 cr

- ENGL 150  
  - F, S, SS  
  - 3 cr

- ENGL 250  
  - F, S, SS  
  - 3 cr

- LIB 160  
  - F, S, SS  
  - 1 cr

- FS HN 167  
  - F, S, SS  
  - 3 cr

- CHEM 231  
  - F, S, SS  
  - 3 cr

- CHEM 231L  
  - F, S, SS  
  - 1 cr

- CHEM 256  
  - F  
  - 3 cr

- BIOL 255  
  - F  
  - 3 cr

- BIOL 255L  
  - F  
  - 1 cr

- BIOL 256  
  - S  
  - 3 cr

- BIOL 256L  
  - S  
  - 1 cr

- FS HN 214  
  - F, S  
  - 3 cr

- Phys 115  
  - F, S  
  - 4 cr

- OR  
  - Phys 111  
  - F, S, SS  
  - 5 cr

- FS HN 115 or 215  
  - F, S  
  - 1-2 cr

- FS HN 265  
  - S  
  - 3 cr

- FS HN 301  
  - F  
  - 3 cr

- STAT 101, 104 or 226  
  - F, S, SS  
  - 3-4 cr

- FS HN 340  
  - F  
  - 1 cr

- FS HN 360  
  - S  
  - 2 cr

- FS HN 361  
  - S  
  - 2 cr

- FS HN 367  
  - F, S, SS  
  - 1 cr

- A TR 220  
  - F, S, SS  
  - 2 cr

- H S 380  
  - F, S  
  - 3 cr

- Micro 201  
  - F, S  
  - 2 cr

- HSP M 380 and 380L  
  - Jr. classification and dept. reservation required  
  - F, S  
  - 6 cr

- KIN 258  
  - F, S  
  - 2 cr

- KIN 259  
  - F, S  
  - 3 cr

- HSP M 391  
  - F  
  - 3 cr

- PSYCH 101, PSYCH 230, H S 110, and SP CM 212 can be taken any term, but must be completed or in progress to apply to the Diet and Exercise program (Oct. 1 of the third year).

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

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