

**NUTRITIONAL SCIENCE  
FOUR-YEAR PLAN**

**Option: Pre-Health Professional and Research**

**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 167, Introductory Human Nutrition & Hlth	3
CHEM 177, General Chemistry I	4	CHEM 178, General Chemistry II	3
CHEM 177L, General Chemistry Laboratory I	1	CHEM 178L, General Chemistry II 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	MATH 140, 143, 160, or 165	<u>3-4</u>
LIB 160, Introduction to College Level Research	1	Total credits:	14-15
Humanities course	<u>3</u>		
Total credits:	17		

  

Second Year			
Fall Semester		Spring Semester	
CHEM 331, Organic Chemistry I	3	<b>FS HN 265, Nutr. for Active, Healthy Lifestyles**</b>	3
CHEM 331L, Organic Chemistry Laboratory I	1	CHEM 332, Organic Chemistry II	3
BIOL 313, Principles of Genetics	3	CHEM 332L, Organic Chemistry Laboratory II	1
STAT 104 (3cr) or 101 (4cr), Statistics course	3-4	BBMB 301 or 316, or BBMB 404 & 405 the next yr	3
ENGL 250, Written, Oral, Visual, Electronic Comp.	3	FS HN 203, Contemporary Issues in FSHN	1
SP CM 212, Fundamentals of Public Speaking	<u>3</u>	Social Science	<u>3</u>
Total credits:	16-17	Total credits:	14

  

Third Year			
Fall Semester		Spring Semester	
<b>BIOL 255, Fundamentals of Human Anatomy*</b>	3	<b>BIOL 256 &amp; 256L** or BIOL 335** Physiology</b>	3-4
<b>BIOL 255L, Fund. of Human Anatomy Lab.*</b>	1	<b>FS HN 361, Nutrition and Health Assessment**</b>	2
<b>FS HN 360, Adv. Nutr. &amp; Reg. of Metabolism in H&amp;D*3</b>	3	<b>FS HN 362, Nutr. &amp; Hlth Through Life Cycle**</b>	3
MICRO 201 or 302, Microbiology course	2-3	Humanities/social sci. (H Sci) or elective (AgLS)	3
MICRO 201L or 302L, Microbiology laboratory	1	Additional course from approved list***	<u>3</u>
Humanities course (H Sci) or elective	3	Total credits:	14-15
FS HN 342, World Food Issues	<u>3</u>		
Total credits:	16-17		

  

Fourth Year			
Fall Semester		Spring Semester	
<b>FS HN 492, Research Concepts in Human Nutr.*</b>	2	<b>FS HN 467, Mol. Basis Nutrition in Disease...**</b>	3
Additional course from approved list***	3	ENGL 314 Technical Communication	3
Additional course from approved list***	3	Additional course from approved list***	3
Additional course from approved list***	3	U.S. Diversity (if not already taken) or elective	3
Elective	<u>3-4</u>	Elective	<u>2-3</u>
Total credits:	14-15	Total credits:	14-15

Choose elective courses to total  $\geq$  120 credits.

\* **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/>.

\*\*\* **Select at least 15 credits from approved list:** BIOL 314; FS HN 214 with lab (FS HN 115 or 215); FS HN 242, 311, 365, 367, 403, 420, 430, 461, 463, 464, 466, 490C, 499, 575; NUTRS 501, 504; PHYS 131/L or 231/L; PHYS 132/L or 232/L.

*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*