

Concurrent BS/MS in Diet and Exercise

FIVE-YEAR PLAN

Iowa State University Catalog, 2023-2024

Department of Food Science and Human Nutrition and Department of Kinesiology

First Year:	Fall Semester	Spring Semester
FS HN 110, or KIN 252 and 253	1-2	FS HN 167, Introductory Human Nutrition & Health 3
CHEM 163 or 177, College or General Chem. I	4	ENGL 250, Written, Oral, Visual, Electronic Comp. 3
CHEM 163L or 177L, Chemistry Laboratory	1	H S 110, Personal and Consumer Health 3
ENGL 150, Critical Thinking & Communication	3	KIN 258, Physical Fitness and Conditioning 2
LIB 160, Introduction to College Level Research	1	STAT 101, 104, or 226, Statistics course <u>3-4</u>
MATH 140, 143, 160, or 165, Math course	3-4	Total credits: 14-15
PSYCH 101, Introduction to Psychology	<u>3</u>	
Total credits:	16-18	

Second Year:	Fall Semester	Spring Semester
BIOL 255, Fundamentals of Human Anatomy	3	FS HN 265, Nutr. for Active & Healthy Lifestyles 3
BIOL 255L, Fund. of Human Anatomy Lab.	1	BIOL 256, Fund. of Human Physiology 3
A TR 220 (Or H S 305), Basic Athletic Training	2	BIOL 256L, Fund. of Human Physiology Lab. 1
CHEM 231, Elementary Organic Chemistry	3	BBMB 301, Survey of Biochemistry 3
CHEM 231L, Lab in Elem. Organic Chemistry	1	FS HN 214, Scientific Study of Food 3
KIN 259, Leadership Techniques for Fitness	3	FS HN 115 or 215, Food Preparation Lab. 1-2
MICRO 201, Introduction to Microbiology	<u>2</u>	HSP M 133, Food Safety Certification <u>1</u>
Total credits:	15	Total credits: 15-16

Summer: SP CM 212, Fundamentals of Public Speaking, U.S. Diversity

Third Year:	Fall Semester	Spring Semester
FS HN 340, Foundations of Dietetic Practice	2	FS HN 361, Nutrition and Health Assessment 2
FS HN 360, Adv. Nutrition & Reg. of Metabolism	3	FS HN 367, Medical Terminology for Health Prof. 1
KIN 358, Physiology of Exercise	3	HSP M 380, Food Production Management 3
KIN 359, Exercise Physiology Lab	1	HSP M 380L, Food Production Mgmt. Experience 3
Select from KIN 360 or 372	3	KIN 366, Exercise Psychology 3
PHYS 115 or 131, Physics	<u>4</u>	Select from KIN 355 or 458 <u>3</u>
Total credits:	16	Total credits: 15

Apply for admission to the BS/MS program by Oct. 1.

Acceptance into the program required before spring of the third year.

Summer: Research credits (KIN 599, FS HN 599, KIN 699, or NUTRS 699); plus STAT 587, Statistical Methods course, 4 credits

Fourth Year:	Fall Semester	Spring Semester
KIN 505, Research Lab. Techniques in Exercise	3	KIN 501, Research Methods in Physical Activity 3
NUTRS 561, Medical Nutrition and Disease I	4	KIN 551, Advanced Physiology of Exercise 3
NUTRS 563, Community Nutrition	3	NUTRS 564, Medical Nutrition and Disease II 4
FS HN 430, U.S Health Systems & Policy	2	FS HN 581, Seminar (FSHN Dept.) 1
FS HN 682, Seminar Reflection (FSHN Dept.)	R	FS HN 682, Seminar Reflection (FSHN Dept.) R
KIN 550, 551, 567, or 570	<u>3</u>	KIN 462, Medical Aspects of Exercise <u>3</u>
Total credits:	15	Total credits: 14
(NUTRS 563 this fall -time conflict with 501 next fall)		

Summer: Research credits (KIN 599, FS HN 599, KIN 699, or NUTRS 699)

Fifth Year:	Fall Semester	Spring Semester
NUTRS 501, Biochem./Phys. Basis of Nutrition	4	KIN 345 or FS HN 392 , Management course 3
FS HN 682, Seminar Reflection (FSHN Dept.)	R	KIN 599, FS HN 599, KIN 699, or NUTRS 699 2
Additional: KIN 550, 551, 567, or 570 (KIN Dept.)	3	FS HN 466, Nutrition Counseling & Educ. Methods 3
H S 380, Worksite Health Promotion	3	FS HN 590C Teaching Assistant (FSHN Dept.) 1
Humanities/Ethics course	<u>3</u>	FS HN 681, Seminar (FSHN Dept.) 1
Total credits:	13	Humanities/International Perspectives <u>3</u>
		Total credits: 13

Courses shown in bold are fall-only or spring-only course offerings. 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/>. This sequence is only an example. Updated January 2023