# NUTRITIONAL SCIENCE: PRE-HEALTH PROFESSIONAL AND RESEARCH OPTION
## FOUR-YEAR PLAN
### Iowa State University Catalog, 2011-2012
Department of Food Science and Human Nutrition

<table>
<thead>
<tr>
<th>First Year</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td><strong>Spring Semester</strong></td>
<td></td>
</tr>
<tr>
<td>FS HN 110, Professional/Educational Preparation</td>
<td>FS HN 167, Introduction to Human Nutrition</td>
<td></td>
</tr>
<tr>
<td>CHEM 177, General Chemistry I</td>
<td>CHEM 178, General Chemistry II</td>
<td></td>
</tr>
<tr>
<td>CHEM 177L, General Chemistry Laboratory I</td>
<td>CHEM 178L, General Chemistry Laboratory II</td>
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</tr>
<tr>
<td>BIOL 211, Principles of Biology I</td>
<td>BIOL 212, Principles of Biology II</td>
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<tr>
<td>BIOL 211L, Principles of Biology Laboratory I</td>
<td>BIOL 212L, Principles of Biology Laboratory II</td>
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<tr>
<td>ENGL 150, Critical Thinking &amp; Communication</td>
<td>MATH 140, 142, 160, 165, or 181</td>
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</tr>
<tr>
<td>LIB 160, Library</td>
<td>Total credits:</td>
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</tr>
<tr>
<td>Humanities course</td>
<td>14-15</td>
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</tr>
<tr>
<td>Total credits:</td>
<td>16.5</td>
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<th>Second Year</th>
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<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td><strong>Spring Semester</strong></td>
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</tr>
<tr>
<td>CHEM 331, Organic Chemistry I</td>
<td>CHEM 332, Organic Chemistry II</td>
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<tr>
<td>CHEM 331L, Organic Chemistry Laboratory I</td>
<td>CHEM 332L, Organic Chemistry Laboratory II</td>
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<tr>
<td>BIOL 313, Principles of Genetics</td>
<td>BIOL 314, BBMB 301, or BBMB 316</td>
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<tr>
<td>STAT 101 or 104, Statistics course</td>
<td>FS HN 265, Nutr. for Active, Healthy Lifestyles</td>
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<tr>
<td>ENGL 250, WOVE Composition</td>
<td>FS HN 203, Contemporary Issues in FSHN</td>
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<tr>
<td>SP CM 212 or COMST 214, Public Speaking</td>
<td>Social Science</td>
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<td>16-17</td>
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<th>Third Year</th>
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<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td><strong>Spring Semester</strong></td>
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</tr>
<tr>
<td>BIOL 255, Fundamentals of Human Anatomy</td>
<td>BIOL 306 or 335, Physiology course</td>
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<tr>
<td>BIOL 255L, Fund. of Human Anatomy Lab.</td>
<td>FS HN 362, Nutrition in Growth &amp; Development</td>
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<tr>
<td>FS HN 360, Advanced Human Nutrition &amp; Met.</td>
<td>MICRO 201 or 302, Microbiology course</td>
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<tr>
<td>FS HN 361, Nutrition and Health Assessment</td>
<td>MICRO 201L or 302L, Microbiology laboratory</td>
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<tr>
<td>Humanities course (CHS) or elective* (CALS)</td>
<td>Humanities/social sci. (CHS) or ENV S (CALS)</td>
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<tr>
<td>FS HN 342, World Food Issues</td>
<td>Additional FS HN course (from approved list)</td>
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<td>Total credits:</td>
<td>Total credits:</td>
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<tr>
<td>15</td>
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<table>
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<tr>
<th>Fourth Year</th>
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<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td><strong>Spring Semester</strong></td>
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<tr>
<td>FS HN 419 or 420, Foodborne Hazards/Food Micro</td>
<td>ENGL 314 Technical Communication</td>
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<tr>
<td>FS HN 480, Professional Communication</td>
<td>FS HN 467, Mol. Basis of Nutr. in Disease Prev.</td>
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<tr>
<td>FS HN 492, Research Concepts in Human Nutr.</td>
<td>Additional FS HN course (from approved list)</td>
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<td>Additional FS HN course (from approved list)</td>
<td>U.S. Diversity (if not already taken) or elective*</td>
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<tr>
<td>Additional FS HN course (from approved list)</td>
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<tr>
<td>Total credits:</td>
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</table>

*Choose elective courses to total ≥ 120.5 credits.

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 April 2011