Nutrition and Wellness Option

Minimum of 120.5 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:
http://www.iastate.edu/~registrar/courses/ip-list.html
(3) Select from U.S. Diversity approved list:
http://www.iastate.edu/~registrar/courses/diversity-list.html

(9.5) COMMUNICATIONS AND LIBRARY
(3) ENGL 150 Critical Thinking and Communication
(3) ENGL 250 Written, Oral, Visual, Electronic Comp.
(.5) LIB 160 Library Instruction
(3) SP CM 212 or COMST 214 Public Speaking course

(17-18) HUMANITIES AND SOCIAL SCIENCES**
(3) Humanities course
(3) FS HN 342 World Food Issues
(This course can also meet the IP requirement)
(3) PSYCH 101 or 230 Psychology course
(3) POL S 215 Introduction to American Government
(3) POL S 344 Public Policy

College of Agriculture & Life Sciences students
(2-3) ENV S 120 or 201 Environmental course

OR, College of Human Sciences students
(3) Additional Humanities courses

(6-8) MATHMATICAL SCIENCES
(3-4) MATH 140, 142, 160, 165, or 181 Math course
(3-4) STAT 101 or 104 Statistics course

(5) PHYSICAL SCIENCES
(4) CHEM 163 College Chemistry
Or, CHEM 177 General Chemistry I
(1) CHEM 163L Laboratory in College Chemistry
Or, CHEM 177L Laboratory in General Chemistry I

(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) BIOL 256 Fundamentals of Human Physiology and
(1) BIOL 256L Fund. of Human Physiology Lab
(2) MICRO 201 Introduction to Microbiology
(1) MICRO 201L Introductory Microbiology Laboratory

(9) FOOD SYSTEMS
(3) BIOL 173 Environmental Biology
Or, GLOBE 201Global Resource Systems
(3) FS HN 242 Societal Impacts on Food Systems
(3) HORT 221 Principles of Horticulture
Or, AGRON 114 Principles of Agronomy

(35) 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 Introduction to Human Nutrition
(1) FS HN 203 Contemporary Issues in FSHN
(3) FS HN 264 Fundamentals of Nutritional Biochemistry
and Metabolism
(3) FS HN 265 Nutrition for Active &Healthy Lifestyles
(2) FS HN 361 Nutrition and Health Assessment
(3) FS HN 364 Nutrition and Prevention of Chronic
Disease

(3) FS HN 365 Obesity and Weight Management
(2) FS HN 366 Communicating Nutrition Messages
(2) FS HN 403 Food Laws, Regulations, & Reg. Process
(3) FS HN 463 Community Nutrition (This course can
also meet the U.S. Diversity requirement)
(1) FS HN 480 Professional Communication in FSHN
(2) FS HN 495 Practicum

(11-20) ELECTIVES – At least 9 credits of electives must be
300-400 level courses. Select from any university coursework to
earn ≥ 120.5 total credits prior to graduation.

Students are encouraged to use electives in an area of emphasis
or minor in one of the following disciplines:
Culinary Science
Entrepreneurial Studies
Family Consumer Sciences Education
Food Science
General Business
Gerontology
Global Resource Systems (double major)
Health Promotion
Horticulture
Hotel, Restaurant, and Institution Management
International Agriculture
Journalism and Mass Communication
Political Science
Psychology
Women’s Studies

NOTES:
* Students must fulfill the International Perspectives and U.S.
  Diversity requirements by selecting coursework from approved
  lists. Students may dual list these courses with other degree
  requirements.
** Links to approved humanities and social sciences courses:
http://www.fshn.hs.iastate.edu/ugrad/humanlst.php

Updated February 2011