# DIET AND EXERCISE FIVE-YEAR PLAN

## Department of Food Science and Human Nutrition and Department of Kinesiology

### First Year: Fall Semester
- FS HN 110, or KIN 252 and 253, Orientation 1-2
- CHEM 163 or 177, College or General Chem. I 4
- CHEM 163L or 177L, Chemistry Laboratory 1
- BIO 211, Principles of Biology I 3
- ENGL 150, Critical Thinking-Communication 3
- LIB 160, Library 0.5
- MATH 140, 142, 160, 165, or 181, Math course 3-4

### First Year: Spring Semester
- FS HN 167, Introduction to Human Nutrition 3
- CHEM 178, General Chem. II, if CHEM 177 taken 3
- Or, elective course
- PSYCH 101, Introduction to Psychology 3
- H S 110, Personal and Consumer Health 3
- Total credits: 15

### Second Year: Fall Semester
- CHEM 231, Elementary Organic Chemistry 3
- BBMB 301, Survey of Biochemistry 3
- CHEM 231L, Lab in Elem. Organic Chemistry 1
- BIOL 256, Fundamentals of Human Physiology 3
- BIOL 255, Fundamentals of Human Anatomy 3
- BIOL 256L, Fund. of Human Physiology Lab. 1
- PSYCH 230, Developmental Psychology 3
- ENGL 250, WOVE Composition 3
- TOTAL credits: 14-15

### Second Year: Spring Semester
- FS HN 214, Scientific Study of Food 3
- PSYCH 230, Developmental Psychology 3
- HRI 380, Quantity Food Production Management 3
- HRI 380L, Quantity Food Prod. & Service Mgmt 2
- Total credits: 16

### Third Year: Fall Semester
- FS HN 360, Advanced Human Nutr. and Metabolism 3
- FS HN 361, Nutrition and Health Assessment 2
- PHYS 106, 111, or 115X, Physics course 4
- SP CM 212, Fundamentals of Speech 3
- STAT 101, 104, or 226, Statistics course 3-4

### Third Year: Spring Semester
- FS HN 361, Nutrition and Health Assessment 2
- H S 380, Worksite Health Promotion 3
- HRI 380L, Quantity Food Prod. & Service Mgmt 2
- Total credits: 16

### Acceptance into the graduate program required before spring semester of the third year.

### Summer: KIN 220, Basic Athletic Training, 2 credits; speech, statistics, or physics optional in the summer for fewer credits in fall.

### Fourth Year: Fall Semester
- KIN 355, 360, 366, or 372 3
- KIN 501, Research Methods in Physical Activity 3
- KIN 505, Research Lab. Techniques in Exercise 2
- KIN 558, Physical Fitness (odd yrs) 3
- Or NUTRS 563, Community Nutrition 3
- NUTRS 561, Medical Nutrition and Disease I 4

### Fourth Year: Spring Semester
- FS HN 411, Food Ingredient Interactions and Form. 2
- FS HN 462, Medical Aspects of Exercise 3
- KIN 551, Adv. Physiology of Exercise II (odd yrs) 3
- Or HRI 392, Foodservice Systems Mgmt. II 3
- Humanities/Ethics course 3
- NUTRS 564, Medical Nutrition and Disease II 3
- Total credits: 14

### Summer: KIN 699 or NUTRS 699, Research, 3 credits; FS HN 403, Food Laws and Regulations, 2 credits; Total = 5 credits

### Fifth Year: Fall Semester
- KIN 550 or 570 3
- NUTRS 501, Biochem/Physiological Basis of Nutr. 4
- NUTRS 563, Community Nutrition 3
- Or KIN 558, Physical Fitness (odd yrs) 3
- Humanities/International Perspectives 3

### Fifth Year: Spring Semester
- FS HN 466, Nutrition Counseling & Educ. Methods 3
- FS HN 581, Seminar 1
- FS HN 590C Teaching Assistant (FShN Dept.) 1
- HRI 392, Foodservice Systems Mgmt. II 3
- KIN 345, Mgmt. of Health-Fitness Programs 3
- KIN 699 or NUTRS 699, Research 2
- Total credits: 13

### Fifth Year: Summer: KIN 699 or NUTRS 699, Research 1 credit

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*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 June 2011*