## COURSES TO COMPLETE FOR APPLICATION TO THE MASTER'S PROGRAM COMPONENT:

### (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 Fundamentals of Public Speaking

### (6) SOCIAL SCIENCES
- (3) PSYCH 101 Introduction to Psychology
- (3) PSYCH 230 Developmental Psychology

### (6-8) MATHEMATICAL SCIENCES
- (3-4) MATH 140, 142, 160, 165, or 181 Math course
- (3-4) STAT 101, 104, or 226 Statistics course

### (13-16) PHYSICAL SCIENCES
- (5-8) CHEM 163 and 163L College Chemistry and Lab. or CHEM 177, 177L, and 178 General Chemistry I & II
- (3) CHEM 231 Organic Chemistry
- (1) CHEM 231L Elementary Organic Chemistry Lab
- (4) PHYS 106, 111, or 115X Physics course

### (19) BIOLOGICAL SCIENCES
- (3) BBMB 301 Survey of Biochemistry
- (3) BIOL 211 Principles of Biology I
- (3) BIOL 212 Principles of Biology II
- (3) BIOL 255 Fundamentals of Human Anatomy
- (1) BIOL 255L Fundamentals of Human Anatomy Lab
- (3) BIOL 256 Fundamentals of Human Physiology and
  (1) BIOL 256L Fund. of Human Physiology Lab
- (2) MICRO 201 General Microbiology

### (19-21) DIET AND EXERCISE COURSEWORK
- (1-2) FS HN 110, or KIN 252 and 253 Orientation course(s)
- (3) FS HN 167 Introduction to Human Nutrition
- (4-5) FS HN 214 and (FS HN 115 or 215) Scientific Study of Food course and Food Preparation Laboratory course
- (3) FS HN 265 Nutrition for Active & Healthy Lifestyles
- (3) FS HN 360 Advanced Human Nutrition/Metabolism
- (3) H S 110 Personal and Consumer Health
- (2) KIN 258 Physical Fitness and Conditioning

### (41) DIET AND EXERCISE COURSEWORK
- (3) H S 380 Worksite Health Promotion
- (2) KIN 220 Basic Athletic Training
- (2) KIN 259 Leadership Techniques for Fit. Programs
- (3) KIN 345 Management of Health-Fitness Programs
- (3) KIN 358 Physiology of Exercise
- (3) Choose one of the following courses:
  - KIN 355 Biomechanics
  - KIN 360 Sociology of Sport and Exercise
  - KIN 366 Exercise Psychology
  - KIN 372 Motor Control and Learning Across the Lifespan
- (3) KIN 462 Medical Aspects of Exercise
- (2) FS HN 361 Nutrition and Health Assessment
- (1) FS HN 367 Medical Terminology for Health Professionals
- (2) FS HN 403 Food Laws, Regulations, & Reg. Process
- (2) FS HN 411 Food Ingredient Interactions and Formulations
- (3) FS HN 466 Nutrition Counseling & Educ. Methods
- (3) HRI 380 Quantity Food Production Management
- (2) HRI 380L Quantity Food Production and Service Management Experience
- (3) HRI 392 Foodservice Systems Management II
- (4) NUTRS 561 Medical Nutrition and Disease I*

### REMAINING COURSES TO COMPLETE FOR MASTER'S DEGREE REQUIREMENTS:

### (39-40) DIET & EXERCISE GRADUATE COURSEWORK
- (1) FS HN 581 Seminar
- (1) FS HN 590C Teaching Assistant experience**
- (4) NUTRS 501 Biochemical and Physiological Basis of Nutrition
- (4) NUTRS 561 Medical Nutrition and Disease I*
- (3) NUTRS 563 Community Nutrition
- (3) NUTRS 564 Medical Nutrition and Disease II
- (3) KIN 501 Research Methods
- (2) KIN 505 Research Lab Techniques
- (3) KIN 550 Advanced Exercise Physiology I
- Or, KIN 570 Physical Activity Assessment for Health Related Research
- (3) KIN 551 Advanced Exercise Physiology II
- (3) KIN 558 Physical Fitness-Principles, Programs, and Evaluations
- (6) KIN 699 or NUTRS 699 Thesis research credits
- (4) STAT 401 Statistical Methods for Research Workers

### NOTES:
- * Course counts toward both Bachelor’s and Master’s degrees.
- ** Requirement for students in the FS HN Department.

* Updated June 2011

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## COURSES TO COMPLETE FOR BACHELOR'S DEGREE REQUIREMENTS:

### (3) INTERNATIONAL PERSPECTIVES/U.S. DIVERSITY
Select 3 cr. from International Perspectives course list:
http://www.iastate.edu/~registrar/courses/ip-list.html
U.S. Diversity Requirement will be met with NUTRS 563.

### (6-9) HUMANITIES AND ETHICS
Select 6 credits from approved Humanities course list:
http://www.fshn.hs.iastate.edu/ugrad/humanlst.php
Select 3 credits from approved Ethics course list. Note: If ethics course is on the humanities list, it can meet both requirements.