COURSES TO COMPLETE FOR APPLICATION TO THE MASTER’S PROGRAM COMPONENT:

(10)  COMMUNICATIONS AND LIBRARY

(3)  ENGL 150  Critical Thinking and Communication
(3)  ENGL 250  Written, Oral, Visual, Electronic Comp.
(1)  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

(13-17)  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  Elementary Organic Chemistry
(1)  CHEM 231L  Elementary Organic Chemistry Lab
(4-5)  PHYS 106, 111, or 115  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

REMAINING COURSES TO COMPLETE FOR BACHELOR’S DEGREE REQUIREMENTS:

(3)  INTERNATIONAL PERSPECTIVES/U.S. DIVERSITY
Select 3 cr. from International Perspectives course list:
http://www.registrar.iastate.edu/students/div-ip-guide/IntlPerspectives-current
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/undergraduate/advising/approved-courses/
Select 3 credits from approved Ethics course list. Note: If ethics
course is on the humanities list, it can meet both requirements.

(41)  DIET AND EXERCISE COURSEWORK

(3)  H S 380  Worksite Health Promotion
(2)  KIN /A TR 220 Basic Athletic Training
    Or, H S 305  Instructor’s First Aid
(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:

(34-41)  DIET & EXERCISE GRADUATE COURSEWORK

(1)  FS HN 581  Seminar**
(1)  FS HN 590C  Teaching Assistant experience**
(1)  FS HN 681  Seminar**
(R)  FS HN 682  Seminar Reflection**
(4)  NUTRS 501  Biochemical & Phys. 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
(2-6)  KIN or NUTRS 699 Thesis research credits (6 credits)
    Or, KIN or FS HN 599 Creative Component (2-3 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 April 2013