Nutrition and Wellness Option

Minimum of 120 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.registrar.iastate.edu/students/div-ip-guide
(3) Select from U.S. Diversity approved list:
http://www.registrar.iastate.edu/students/div-ip-guide

(36) 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 Fund. of Nutritional Biochemistry & Met.
Or, BBMB 301 Survey of Biochemistry
(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

(10) COMMUNICATIONS AND LIBRARY
(3) ENGL 150 Critical Thinking and Communication
(3) ENGL 250 Written, Oral, Visual, Electronic Comp.
(1) LIB 160 Information Literacy
(3) SP CM 212 Fundamentals of Public Speaking

(17-18) HUMANITIES AND SOCIAL SCIENCES**
(3) Humanities course
(3) PSYCH 101 or 230 Psychology course
(3) SOC 134 Introduction to Sociology
Or, POL S 314 Special Topics in Comparative Politics
(3) POL S 344 Public Policy
(3) FS HN 342 World Food Issues
(This course can also meet the IP requirement)

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) Select at least 3 credits from:
HORT 221 Principles of Horticulture
AGRON 114 Principles of Agronomy
GLOBE 302 Resource Systems of Developing Nations

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/undergraduate/advising/approved-courses/