

Diet and Exercise (H SCI)

Curriculum in Diet and Exercise B.S./M.S.

Administered by the Department of Food Science and Human Nutrition and Department of Kinesiology

This is an accelerated program with concurrent enrollment in the undergraduate and graduate degree programs. Courses included have been approved as meeting the academic requirements of the Didactic Program in Dietetics (DPD) in preparation for admission to dietetic internship programs; the DPD is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency of the Academy of Nutrition and Dietetics. There is a \$30 fee for the verification statement of completion of the accredited dietetics program. Courses also are included to meet the ACSM requirements for certification at the level of Health Fitness Instructor.

Total Degree Requirements: 124 cr. for bachelor's degree and 39-40 cr. for master's degree

Students must fulfill International Perspectives and U.S. Diversity requirements by selecting coursework from approved lists. These courses may also be used to fulfill other area requirements.

International Perspectives: 3 cr.

U.S. Diversity: 3 cr.

Communications and Library: 10 cr.

ENGL 150	Critical Thinking and Communication	3
ENGL 250	Written, Oral, Visual, and Electronic Composition	3
LIB 160	Information Literacy	1
SP CM 212	Fundamentals of Public Speaking	3
Total Credits		10

Social Sciences: 6 cr.

PSYCH 101	Introduction to Psychology	3
PSYCH 230	Developmental Psychology	3
Total Credits		6

Mathematical Sciences: 6-8 cr.

Select from:		3-4
MATH 140	College Algebra	
MATH 142	Trigonometry and Analytic Geometry	
MATH 160	Survey of Calculus	
MATH 165	Calculus I	
MATH 181	Calculus and Mathematical Modeling for the Life Sciences I	
Select from:		3-4
STAT 101	Principles of Statistics	
STAT 104	Introduction to Statistics	
STAT 226	Introduction to Business Statistics I	

Physical Sciences: 13-17 cr.

Select from:		5-8
CHEM 163 & 163L	College Chemistry and Laboratory in College Chemistry	
CHEM 177 & 177L & CHEM 178	General Chemistry I and Laboratory in General Chemistry I and General Chemistry II	
CHEM 231	Elementary Organic Chemistry	3
CHEM 231L	Laboratory in Elementary Organic Chemistry	1
PHYS 106, 111, or 115		4-5
Total Credits		13-17

Biological Sciences: 19 cr.

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	3
BIOL 255L	Fundamentals of Human Anatomy Laboratory	1

BIOL 256	Fundamentals of Human Physiology	3
BIOL 256L	Fundamentals of Human Physiology Laboratory	1
MICRO 201	Introduction to Microbiology	2
Total Credits		19

Diet and Exercise undergraduate courses: 19-21 cr.

Courses must be completed or in progress to apply to the BS/MS program.

Select from:		1-2
FS HN 110	Professional and Educational Preparation	
KIN 252 & KIN 253	Disciplines and Professions in Kinesiology and Health and Orientation in Kinesiology and Health	
FS HN 167	Introduction to Human Nutrition	3
FS HN 214	Scientific Study of Food	3
Select from:		1-2
FS HN 115	Food Preparation Laboratory	
FS HN 215	Advanced Food Preparation Laboratory	
FS HN 265	Nutrition for Active and Healthy Lifestyles	3
FS HN 360	Advanced Human Nutrition and Metabolism	3
H S 110	Personal and Consumer Health	3
KIN 258	Physical Fitness and Conditioning	2
Total Credits		19-21

Humanities and Ethics: 6-9 cr.

Select 6 credits from approved Humanities list	6
Select 3 credits from approved Ethics list, including:	3
FS HN 342	World Food Issues: Past and Present
PHIL 201	Introduction to Philosophy
PHIL 230	Moral Theory and Practice

Note: If ethics course is on the humanities list, it can meet both requirements.

Diet and Exercise remaining undergraduate courses to complete the BS requirements: 41 cr.

H S 380	Worksite Health Promotion	3
Select from:		3
A TR 220	Basic Athletic Training	
H S 305	Instructor's First Aid and Cardio-pulmonary Resuscitation	
KIN 259	Leadership Techniques for Fitness Programs	2
KIN 345	Management of Health-Fitness Programs and Facilities	3
KIN 358	Physiology of Exercise	3
Select from:		3
KIN 355	Biomechanics	
KIN 360	Sociology of Sport and Exercise	
KIN 366	Exercise Psychology	
KIN 372	Motor Control and Learning Across the Lifespan	
KIN 462	Medical Aspects of Exercise	3
FS HN 361	Nutrition and Health Assessment	2
FS HN 403	Food Laws, Regulations, and the Regulatory Process	2
FS HN 411	Food Ingredient Interactions and Formulations	2
FS HN 466	Nutrition Counseling and Education Methods	3
HRI 380	Quantity Food Production Management	3
HRI 380L	Quantity Food Production and Service Management Experience	2
HRI 392	Foodservice Systems Management II	3
NUTRS 561	Medical Nutrition and Disease I *	4
Total Credits		41

Acceptance into the BS/MS PROGRAM is required BEFORE spring semester of the THIRD year.

Diet and Exercise graduate courses: 39-40 cr.

FS HN 581	Seminar	1
NUTRS 501	Biochemical and Physiological Basis of Nutrition: Macronutrients and Micronutrients	4

NUTRS 561 Medical Nutrition and Disease I *	4
NUTRS 563 Community Nutrition	3
NUTRS 564 Medical Nutrition and Disease II	3
KIN 501 Research Methods in Physical Activity	3
KIN 505 Research Laboratory Techniques in Exercise Physiology	2
Select from:	3
KIN 550 Advanced Physiology of Exercise I	
KIN 570 Physical Activity Assessment for Health Related Research	
KIN 551 Advanced Physiology of Exercise II	3
KIN 558 Physical Fitness - Principles, Programs and Evaluation	3
Select 6 credits from one of the following:	6
KIN 699 Research	
NUTRS 699 Research in Nutritional Sciences	
KIN 599 Creative Component	
FS HN 599 Creative Component	
STAT 401 Statistical Methods for Research Workers	4
Additional requirement of FS HN 590C for FS HN department students	0-1
Total Credits	39-40

* Course counts toward both bachelor's and master's degrees.

Go to FS HN courses.

Go to KIN courses.