

# Diet and Exercise, B.S./ M.S.

## Diet and Exercise, B.S./M.S.

### First Year

| Fall                            | Credits      | Spring                                   | Credits   |
|---------------------------------|--------------|--|-----------|
| FS HN 110, or KIN 252 and 253   | 1-2          | FS HN 167                                | 3         |
| CHEM 163 or 177                 | 4            | CHEM 178 (if CHEM 177 taken) or Elective | 3         |
| CHEM 163L or 177L               | 1            | BIOL 212                                 | 3         |
| BIOL 211                        | 3            | PSYCH 101                                | 3         |
| ENGL 150                        | 3            | H S 110                                  | 3         |
| LIB 160                         | 1            |  |           |
| MATH 140, 143, 160, 165, or 181 | 3-4          |  |           |
|                                 | <b>16-18</b> |  | <b>15</b> |

### Second Year

| Fall      | Credits   | Spring           | Credits      | Summer                                   | Credits  |
|-----------|-----------|------------------|--------------|--|----------|
| CHEM 231  | 3         | FS HN 265        | 3            | A TR 220 (Or, H S 305 in spring or fall) | 2        |
| CHEM 231L | 1         | BBMB 301         | 3            |  |          |
| BIOL 255  | 3         | BIOL 256         | 3            |  |          |
| BIOL 255L | 1         | BIOL 256L        | 1            |  |          |
| PSYCH 230 | 3         | FS HN 214        | 3            |  |          |
| ENGL 250  | 3         | FS HN 115 or 215 | 1-2          |  |          |
| MICRO 201 | 2         |                  |              |  |          |
|           | <b>16</b> |                  | <b>14-15</b> |  | <b>2</b> |

### Third Year

| Fall   | Credits      | Spring   | Credits   | Summer                                       | Credits    |
|--|--------------|--|-----------|--|------------|
| FS HN 340  | 1            | Acceptance into the program required before spring of the third year |           | KIN 599 or FS HN 599 or KIN 699 or NUTRS 699 | 1-3        |
| FS HN 360  | 3            | FS HN 361  | 2         | STAT 401                                     | 4          |
| KIN 258  | 2            | FS HN 367  | 1         |  |            |
| PHYS 115 (4 cr) or 111 (5 cr)                      | 4-5          | H S 380  | 3         |  |            |
| SP CM 212  | 3            | HSP M 380  | 3         |  |            |
| STAT 101, 104, or 226                              | 3-4          | HSP M 380L   | 2         |  |            |
| Apply for admission to the BS/MS program by Oct. 1 |              | KIN 259  | 2         |  |            |
|  |              | KIN 358  | 3         |  |            |
|  | <b>16-18</b> |  | <b>16</b> |  | <b>5-7</b> |

### Fourth Year

| Fall  | Credits   | Spring                                  | Credits   | Summer                                       | Credits    |
|---|-----------|---|-----------|--|------------|
| KIN 558 (offered odd years), or KIN 355, 360, 366, or 372 | 3         | KIN 462                                 | 3         | KIN 599 or FS HN 599 or KIN 699 or NUTRS 699 | 1-3        |
| KIN 501   | 3         | KIN 511, 550, 567, or 570               | 3         | FS HN 403                                    | 2          |
| KIN 505   | 2         | KIN 551 (offered odd years, or HRI 392) | 3         |  |            |
| NUTRS 561   | 4         | NUTRS 564                               | 3         |  |            |
| NUTRS 563 (Time conflict with NUTRS 501 next fall)        | 3         | FS HN 581 / FS HN 682 (FSHN Dept)       | 1         |  |            |
| FS HN 682 (FSHN Dept)                                     | 0         | Humanities/Ethics course                | 3         |  |            |
|   | <b>15</b> |   | <b>16</b> |  | <b>3-5</b> |

### Fifth Year

| Fall  | Credits   | Spring                                       | Credits   | Summer                                       | Credits  |
|---|-----------|--|-----------|--|----------|
| FS HN 411   | 2         | FS HN 466                                    | 3         | KIN 699 or NUTRS 699 or KIN 599 or FS HN 599 | 1        |
| Additional course: KIN 511, 550, 567, 570 (KIN Dept)    | 3         | FS HN 590C (FSHN Dept)                       | 1         |  |          |
| NUTRS 501   | 4         | HSP M 392                                    | 3         |  |          |
| KIN 558 (offered odd yrs, or KIN 355, 360, 366, or 372) | 3         | KIN 345                                      | 3         |  |          |
| Humanities/International Perspectives                   | 3         | KIN 699 or NUTRS 699 or KIN 599 or FS HN 599 | 2         |  |          |
| FS HN 682 (FSHN Dept)                                   | 0         | FS HN 681 (FSHN Dept)                        | 1         |  |          |
|   | <b>15</b> |  | <b>13</b> |  | <b>1</b> |

**Total Credits: 163-172**

Planned course offerings may change, and students need to check the online Schedule of Classes each term to confirm course offerings: <http://classes.iastate.edu/>. This sequence is only an example.