

# DIET AND EXERCISE (AGLS)

## 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 accredited dietetics 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. Additionally, courses are included to meet the American College of Sports Medicine (ACSM) requirements for certification at the level of Certified Exercise Physiologist.

### Total Degree Requirements: 125 cr. for bachelor's degree and 37-41 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 at least 3 credits from: 3-4

MATH 140	College Algebra	
MATH 143	Preparation for Calculus	
MATH 160	Survey of Calculus	
MATH 165	Calculus I	
MATH 181	Calculus and Mathematical Modeling for the Life Sciences I	

Select at least 3 credits from: 3-4

STAT 101	Principles of Statistics	
STAT 104	Introduction to Statistics	

STAT 226	Introduction to Business Statistics I	
Total Credits		6-8

#### 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 115 or PHYS 111	Physics for the Life Sciences General Physics	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 to be completed or in progress when applying for admission to the program: 20-22 cr.

Select from: 1-2

FS HN 110	Professional and Educational Preparation	
KIN 252 & KIN 253	Disciplines and Professions in Kinesiology and Health and Orientation and Learning Community in Kinesiology and Health	
FS HN 167	Introduction to Human Nutrition	3
FS HN 214	Scientific Study of Food	3
FS HN 215 or FS HN 115	Advanced Food Preparation Laboratory Food Preparation Laboratory	1-2
FS HN 265	Nutrition for Active and Healthy Lifestyles	3
FS HN 340	Foundations of Dietetic Practice	1
FS HN 360	Advanced Nutrition and Regulation of Metabolism	3
H S 110	Personal and Consumer Health	3
KIN 258	Physical Fitness and Conditioning	2
Total Credits		20-22

**Acceptance into the BS/MS PROGRAM is required BEFORE spring semester of the THIRD year.****Humanities and Ethics: 6-9 cr.**

Select 6 credits from approved Humanities list 6

Select 3 credits from approved Ethics list 3

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

**Diet and Exercise remaining undergraduate courses to complete the bachelor's degree requirements: 44 cr.**

H S 380 Worksite Health Promotion 3

A TR 220 Basic Athletic Training 2

or 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 Physical Activity and Health

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 367 Medical Terminology for Health Professionals 1

FS HN 403 Food Laws and Regulations 2

FS HN 411 Food Ingredient Interactions and Formulations 2

FS HN 466 Nutrition Counseling and Education Methods 3

HSP M 380 Quantity Food Production Management 3

HSP M 380L Quantity Food Production and Service Management Experience 3

HSP M 392 Foodservice Systems Management II 3

NUTRS 563 Community Nutrition \* 3

NUTRS 564 Medical Nutrition and Disease II \* 3

Total Credits 44

**Diet and Exercise graduate courses to complete the master's degree requirements: 37-41 cr.**

FS HN 581 Seminar \*\* 1

FS HN 590C Special Topics: Teaching \*\* 1

FS HN 681 Seminar \*\* 1

FS HN 682 Seminar Reflection \*\* R

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 3-6 credits (FSHN students select 3 credits, KIN students select 6 credits) from: 3-6

KIN 511

KIN 550 Advanced Physiology of Exercise I

KIN 567 Exercise and Health: Behavior Change

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 2-3 credits for creative component or 6 credits for thesis research: 2-6

FS HN 599 Creative Component

KIN 599 Creative Component

KIN 699 Research

NUTRS 699 Research in Nutritional Sciences

STAT 587 Statistical Methods for Research Workers 4

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

\*\* Requirement for students in the FS HN Department.

Go to FS HN courses.

Go to KIN courses.

**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>Fourth Year</b>				
				<b>Fall</b>	<b>Credits Spring</b>	<b>Credits Summer</b>	<b>Credits</b>	
	16-18	15		KIN 505	2 KIN 462	3 KIN 599 or FS HN 599 or KIN 699 or NUTRS 699	1-3	
<b>Second Year</b>								
<b>Fall</b>	<b>Credits Spring</b>	<b>Credits Summer</b>	<b>Credits</b>					
CHEM 231	3 FS HN 265	3 A TR 220 (Or, H S 305 in spring or fall)	2	KIN 511 (offered odd years), 550, 567, or 570	3 KIN 501	3 FS HN 403	2	
CHEM 231L	1 BBMB 301	3		KIN 558 (offered odd years)	3 KIN 551	3		
BIOL 255	3 BIOL 256	3		NUTRS 561	4 NUTRS 564	3		
BIOL 255L	1 BIOL 256L	1		NUTRS 563 (Time conflict with NUTRS 501 next fall)	3 FS HN 581 / FS HN 682 (FSHN Dept)	1		
PSYCH 230	3 FS HN 214	3		FS HN 682 (FSHN Dept)	0 Humanities/ Ethics course	3		
ENGL 250	3 FS HN 115 or 215	1-2						
MICRO 201	2		2					
	16	14-15	2		15	16	3-5	
<b>Third Year</b>				<b>Fifth Year</b>				
<b>Fall</b>	<b>Credits Spring</b>	<b>Credits Summer</b>	<b>Credits</b>	<b>Fall</b>	<b>Credits Spring</b>	<b>Credits</b>		
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 411	2 FS HN 466	3		
FS HN 360	3 FS HN 361	2 STAT 587	4	KIN 355, 360, 366, or 372	3 FS HN 590C (FSHN Dept)	1		
KIN 258	2 FS HN 367	1		Additional course: KIN 511, 550, 567, 570 (KIN Dept)	3 HSP M 392	3		
PHYS 115 (4 cr) or 111 (5 cr)	4-5 H S 380	3		NUTRS 501	4 KIN 345	3		
SP CM 212	3 HSP M 380	3		Humanities/ International Perspectives	3 KIN 699 or NUTRS 699 or KIN 599 or FS HN 599	2		
STAT 101, 104, or 226	3-4 HSP M 380L	3						
Apply for admission to the BS/MS program by Oct. 1	KIN 259	2						
	KIN 358	3						
	16-18	17	5-7					

FS HN 682 (FSHN Dept)	0 FS HN 681	1
	15	13

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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.