

Foods and Nutrition

Nutrition, Fitness and Health Major (336/NFHL)

Student: _____ PUID: _____ Minor: _____

CFS COMPETENCY REQUIREMENTS

See Title Sheet for a description of CFS Competency Requirements and a complete listing of courses which address Competency Requirements.

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|-------------------------------------|------------------------------------|
| ___ (5) MA 15900 or (3) MA 22300 or | ___ (3) COM 11400 |
| ___ (3) MA 15300 and | ___ (4-3) ENGL 10600 or ENGL 10800 |
| ___ (3) MA 15400 | ___ (3) PSY 12000 |
| ___ (3) STAT 30100 or STAT 50300 | ___ (3) SOC 10000 |

(18-22 hrs)

MAJOR REQUIREMENTS

- | | | |
|--|---------------------|--------------------------------|
| ___ (3) BCHM 30700 or CHM 33300 | ___ (1) FN 10500 | ___ (2) FN 53000 |
| ___ (1) BCHM 30900 | ___ (3) FN 20500 | ___ (3) HK 21500 |
| ___ (4-3) BIOL 20300 or BIOL 30100 | ___ (3) FN 31500 | ___ (3) HK 26600 |
| ___ (4-3) BIOL 20400 or BIOL 30200 | ___ (3) FN 33000 | ___ (3) HK 36800 |
| ___ (4) BIOL 22100 | ___ (2) FN 41500 | ___ (3) HK 38500 |
| ___ (3) CDFS 21000* or 25500 | ___ (3) FN 42400 | ___ (3) HK 42100 |
| ___ (3-4) CHM 11100 or 11500 | ___ (2) FN 43600 | ___ (3) HK 42200 |
| ___ (3-4) CHM 11200 or 11600 | ___ (3) FN 43700 | ___ (3) HK 46800 |
| ___ (4) CHM 25700 or ___ (3) CHM 25500 and | ___ (3) FN 43800 | ___ (3) HK 42400 or MGMT 20000 |
| ___ (3) CHM 25600 | ___ (4) FN 45300 or | ___ (3) HK 56900 |
| ___ (3) ECON 21000 or AGECE 21700 | FS 45300 | |
| | ___ (3) FN 48800 | |

(89-95 hrs)

ELECTIVES

___ () _____ ___ () _____ ___ () _____ ___ () _____

(13-23 hrs)

The following courses may be elected to meet the Didactic Program in Dietetics: FN 10600, FN 44200, FN 5200000, FN 5800000, HTM 2120000 or OLS 2740000, HTM 3110000, HTM 3120000 or OLS 2520000. Completion of these courses followed by a preprofessional experience program will fulfill eligibility requirements for the examination to become certified as a Registered Dietitian.

130 semester credit hours required for Bachelor of Science degree

**It is imperative that students monitor pre / co-requisites and course restrictions.
Contact your advisor for information regarding overrides.**

CFS COMPETENCY REQUIREMENTS (18-22 credit hours)

Aesthetics: CFS graduates are knowledgeable about aesthetics and make appropriate aesthetic judgments in a variety of settings. Students achieve this competency by successfully completing the following major requirement: FN 42400, Communication Techniques in F&N.

Conceptual and Critical Thinking: CFS graduates are knowledgeable about and apply and/or demonstrate critical thinking, using the required analytical and decision-making tools for producing solutions in a variety of settings. Students achieve this competency by successfully completing the following major requirements: FN 20500, Food Science I and FN 31500, Fundamentals of Nutrition.

Culture and Diversity: CFS graduates are knowledgeable about race, ethnicity, gender issues, cultures, and other diversities, and apply and/or demonstrate what it means to have a global perspective in a variety of settings. Students achieve this competency by successfully completing the following major requirements: FN 20500, Food Science I and FN 53000, Public Health Nutrition.

Mathematics and Statistics: CFS graduates are knowledgeable about and apply and/or demonstrate appropriate mathematical and statistical skills in a variety of settings.

- (5) MA 15900 Precalculus or
- (3) MA 22300 Introductory Analysis I or
- (3) MA 15300 Algebra and Trigonometry I and
- (3) MA 15400 Algebra and Trigonometry II
- (3) STAT 30100 Elementary Statistical Methods or
- (3) STAT 50300 Statistical Methods for Biology

Natural Sciences: CFS graduates are knowledgeable about the natural sciences and apply the scientific process in a variety of settings. Students achieve this competency by successfully completing the following major requirements: BIOL 20300, Human Anatomy & Physiology or BIOL 30100, Human Design - Anatomy & Physiology; and BIOL 22100, Introduction to Microbiology.

Oral and Written Communication: CFS graduates are knowledgeable about and effectively apply oral and written communication skills in a variety of settings. . In addition to the courses listed below, students also achieve this competency by successfully completing the following major requirement: FN 42400, Communication Techniques in F&N.

- (3) COM 11400 Fundamentals of Speech Communication
- (4) ENGL 10600 First-Year Composition or
- (3) ENGL 10800 Accelerated First-Year Composition

Social and Behavioral Science: CFS graduates are knowledgeable about and apply and/or demonstrate an understanding of scientifically-based information about human development, relationships, and consumer behavior in a variety of settings.

- (3) PSY 12000 Elementary Psychology
- (3) SOC 10000 Introductory Sociology

Social Ethics: CFS graduates are knowledgeable about and apply principles and concepts of ethical behavior in a variety of settings. Students achieve this competency by successfully completing the following major requirements: FN 31500, Fundamentals of Nutrition.

Technology: CFS graduates are knowledgeable about, integrate, and apply technology in a variety of settings. Students achieve this competency by successfully completing the following major requirements: FN 31500, Fundamentals of Nutrition.

MAJOR REQUIREMENTS (89-95 credit hours)

- (3) BCHM 30700 Biochemistry or
- (3) CHM 33300 Principles of Biochemistry
- (1) BCHM 30900 Biochemistry Laboratory
- (4) BIOL 20300 Human Anatomy and Physiology or
- (3) BIOL 30100 Human Design: Anatomy and Physiology
- (4) BIOL 20400 Human Anatomy and Physiology or
- (3) BIOL 30200 Human Design: Anatomy and Physiology
- (4) BIOL 22100 Introduction to Microbiology
- (3) CDFS 21000 Introduction to Human Development or
- (3) CDFS 25500 Introduction to Couple and Family Relationships
- (3) CHM 11100 General Chemistry or

- (4) CHM 11500 General Chemistry
- (3) CHM 11200 General Chemistry or
- (4) CHM 11600 General Chemistry
- (4) CHM 25700 Organic Chemistry or
- (3) CHM 25500 Organic Chemistry and
- (3) CHM 25600 Organic Chemistry
- (3) ECON 21000 Principals of Economics or
- (3) AGECE 21700 Economics
- (1) FN 10500 Nutrition in the 21st Century (Prerequisites: FN majors only.)
- (3) FN 20500 Food Science I (Prerequisite: CHM 11200. Credit not given for both FN 20200 and 20500)
- (3) FN 31500 Fundamentals of Nutrition (Prerequisite: BIOL 11100 or 20300 or 30100 and CHM 11200 or 11600; Credit not given for both FN 30300 and 31500.)
- (3) FN 33000 Diet Selection and Planning (Prerequisite: FN 20500 and 31500)
- (2) FN 41500 Practicum in Nutrition, Fitness and Health (Prerequisite: FN 33000 with minimum C grade; HK 42100 with minimum C grade; Pre or concurrent requisite: FN 43600 and FN 43800)
- (3) FN 42400 Communication Techniques in Foods and Nutrition (Prerequisite: FN 33000)
- (2) FN 43600 Nutritional Assessment (Prerequisite: FN 43700; Pre or concurrent requisite: FN 43800)
- (3) FN 43700 Macronutrient Metabolism In Human Health and Disease (Prerequisite: BCHM 30700 or BCHM 56100 or CHM 33300 or MCMP 30400; and BIOL 20400 or BIOL 30200; and FN 31500)
- (3) FN 43800 Micronutrient and Phytochemical Metabolism in Human Health and Disease (Prerequisite: FN 43700)
- (4) FN or FS 45300 Food Chemistry (Prerequisite: CHM 25600 or CHM 25700)
- (3) FN 48800 Topics in Nutrition, Fitness, and Health (Prerequisite: FN 33000 and HK 36800)
- (2) FN 53000 Public Health Nutrition (Prerequisite: FN 33000)
- (3) HK 21500 Basic Health Studies
- (3) HK 26600 Health and Fitness in Clinical and Worksite Settings
- (3) HK 36800 Exercise Physiology I (Prerequisite: BIOL 20400)
- (3) HK 38500 Methods of Health Promotion and Education
- (3) HK 42100 Health Screening and Fitness Evaluation and Prescription
- (3) HK 42200 Clinical Experiences in Health and Fitness
- (3) HK 46800 Advanced Exercise Physiology II
- (3) HK 42400 Health & Fitness Program Management or
- (3) MGMT 20000 Introductory Accounting
- (3) HK 56900 Exercise Testing and Prescription for Special Populations

ELECTIVES (13-23 credit hours)

The following courses may be elected to meet the Didactic Program in Dietetics: FN 10600, FN 44200, FN 52000, FN 58000, HTM 21200 or OLS 27400, HTM 31100, HTM 31200 or OLS 25200. Completion of these courses followed by a preprofessional experience program will fulfill eligibility requirements for the examination to become certified as a Registered Dietitian.

SUGGESTED PLAN OF STUDY *
Nutrition, Fitness and Health Major

Semester

1	CHM 11100	MA 15300	ENGL 10600	COM 11400	SOC 10000	FN 10500
2	CHM 11200	MA 15400	PSY 12000	HK 21500	Elective	
3	BIOL 20300	CHM 25700	FN 20500	HK 26600	ECON 21000	
4	BIOL 20400	BIOL 22100	STAT 30100	FN 31500	HK 38500	
5	HK 36800	FN 33000	HK 42100	BCHM 30700/ CHM 33300	BCHM 30900	Elective
6	HK 46800	FN 43700	HK 42200	Elective	CDFS 21000/25500	
7	FN 45300	FN 43800	FN 43600	FN 48800	HK 42400/ MGMT 20000	
8	FN 41500	FN 42400	FN 53000	HK 56900	Elective	Elective

***Note:** This is only a suggested plan of study. Student's actual schedule may vary depending on course availability, sequencing, previous coursework, etc.