**Foods and Nutrition**

**Nutrition, Fitness and Health Major (NFHL)**

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<th>Student:</th>
<th>PUID:</th>
<th>Minor:</th>
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**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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<th>MAJOR REQUIREMENTS</th>
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<tr>
<td>(3) BCHM 30700 or CHM 33300</td>
<td>(3) MA 15900 or (3) MA 22300 or</td>
<td>(3) MA 15300 and</td>
<td>(3) MA 15400</td>
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<td>(1) BCHM 30900</td>
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<td>(4-3) BIOL 20300 or BIOL 30100</td>
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<td>(4-3) BIOL 20400 or BIOL 30200</td>
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<td>(4) BIOL 22100</td>
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<td>(3) CHM 25600</td>
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**ELECTIVES**

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(18-22 hrs)

(89-95 hrs)

(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 (Prerequisite: meet calculus requirement)
(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) AGEC 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)
(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 MCMC 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 Works Site Settings (Prerequisite: HK 21500)
(3) HK 36800 Exercise Physiology I (Prerequisite: BIOL 20400)
(3) HK 38500 Methods of Health Promotion and Education (Prerequisite: HK 26600)
(3) HK 42100 Health Screening and Fitness Evaluation and Prescription (Prerequisite: BIOL 20400)
(3) HK 42200 Clinical Experiences in Health and Fitness (Prerequisite: HK 42100)
(3) HK 46800 Advanced Exercise Physiology II (Prerequisite: HK 26600)
(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
Health and Fitness in Clinical and Worksite Settings

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<td>SOC 10000</td>
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_Note: This is only a suggested plan of study. Student’s actual schedule may vary depending on course availability, sequencing, previous coursework, etc._