

MAJOR IN NUTRITION AND FOOD SCIENCE, NUTRITION AND FITNESS CONCENTRATION

Major Completion Map

Freshman

Semester 1	Critical	Recommended	AUCC	Credits
Select one course from the following:				3-4
BUS 150 Business Computing Concepts and Applications				
CS 110 Personal Computing				
Select one group from the following:				4
Group A:				
BZ 110 Principles of Animal Biology (GT-SC2)	X		3A	
BZ 111 Animal Biology Laboratory (GT-SC1)	X		3A	
Group B:				
LIFE 102 Attributes of Living Systems (GT-SC1)	X		3A	
FSHN 150 Survey of Human Nutrition	X			3
MATH 117 College Algebra in Context I (GT-MA1)	X		1B	1
MATH 118 College Algebra in Context II (GT-MA1)	X		1B	1
MATH 125 Numerical Trigonometry (GT-MA1)			1B	1
PSY 100 General Psychology (GT-SS3)			3C	3
If taking CHEM 111, CHEM 112, CHEM 113 sequence				5
CHEM 111 General Chemistry I (GT-SC2)	X		3A	
CHEM 112 General Chemistry Lab I (GT-SC1)	X		3A	
Total Credits				16

Semester 2	Critical	Recommended	AUCC	Credits
CO 150 College Composition (GT-CO2)	X		1A	3
Select one group from the following:				3-5
Group A:				
CHEM 107 Fundamentals of Chemistry (GT-SC2)	X		3A	
CHEM 108 Fundamentals of Chemistry Laboratory (GT-SC1)	X		3A	
Group B:				
CHEM 113 General Chemistry II	X			
SOC 100 Introduction to Sociology (GT-SS3)			3C	3
Diversity, Equity, and Inclusion (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion)			1C	3
Total Credits				14

Sophomore

Semester 3	Critical	Recommended	AUCC	Credits
CHEM 245 Fundamentals of Organic Chemistry	X			4
CHEM 246 Fundamentals of Organic Chemistry Laboratory	X			1
FSHN 300 Food Principles and Applications		X		3
FSHN 301 Food Principles and Applications Laboratory		X		2
OT 215 Medical Terminology				1
Foundations and Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#foundations-perspectives)			3B, 3D	6
Total Credits				17

Semester 4		Critical	Recommended	AUCC	Credits
BMS 300	Principles of Human Physiology	X			4
BMS 302	Laboratory in Principles of Physiology	X			2
HES 145	Health and Wellness				3
SPCM 200	Public Speaking				3
Foundations and Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#foundations-perspectives)				3B, 3D	3
Total Credits					15
Junior					
Semester 5		Critical	Recommended	AUCC	Credits
BC 351	Principles of Biochemistry	X			4
Select one course from the following:					3
CO 300	Writing Arguments (GT-CO3)			2	
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)			2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)			2	
JTC 300	Strategic Writing and Communication (GT-CO3)			2	
FSHN 350	Human Nutrition	X			3
HES 207	Anatomical Kinesiology				3
Total Credits					13
Semester 6		Critical	Recommended	AUCC	Credits
HES 232	Techniques of Teaching Group Exercise				1
HES 403	Physiology of Exercise	X			4
LIFE 205	Microbial Biology		X		3
LIFE 206	Microbial Biology Laboratory		X		2
Select one course from the following:					3
STAT 201	General Statistics (GT-MA1)			1B	
STAT 204	Statistics With Business Applications (GT-MA1)			1B	
Elective					3
Total Credits					16
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
FSHN 450	Medical Nutrition Therapy	X		4B	5
FSHN 451	Community Nutrition	X		4A	3
FSHN 459	Nutrition in the Life Cycle	X			3
HES 434	Physical Activity Throughout the Lifespan				3
Total Credits					14
Semester 8		Critical	Recommended	AUCC	Credits
FSHN 360	Nutrition Assessment	X			2
FSHN 428	Nutrition Teaching and Counseling Techniques	X			3
FSHN 470	Integrative Nutrition and Metabolism	X			3
FSHN 492	Seminar in Dietetics and Nutrition	X		4C	2
HES 340	Exercise Prescription				3
Electives					2
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.					X
Total Credits					15
Program Total Credits:					120