

# MAJOR IN NUTRITION AND FOOD SCIENCE, NUTRITION AND FITNESS CONCENTRATION

## Requirements

### Effective Fall 2022

#### Freshman

	AUCC	Credits
Select one group from the following:		4
Group A:		
BZ 110 Principles of Animal Biology (GT-SC2)	3A	
BZ 111 Animal Biology Laboratory (GT-SC1)	3A	
Group B:		
LIFE 102 Attributes of Living Systems (GT-SC1)	3A	
Select one group from the following:		5-8
Group A:		
CHEM 107 Fundamentals of Chemistry (GT-SC2)	3A	
CHEM 108 Fundamentals of Chemistry Laboratory (GT-SC1)	3A	
Group B:		
CHEM 111 General Chemistry I (GT-SC2)	3A	
CHEM 112 General Chemistry Lab I (GT-SC1)	3A	
CHEM 113 General Chemistry II		
CO 150 College Composition (GT-CO2)	1A	3
BUS 150 or CS 110 Business Computing Concepts and Applications Personal Computing		3-4
FSHN 150 Survey of Human Nutrition		3
MATH 117 College Algebra in Context I (GT-MA1)	1B	1
MATH 118 College Algebra in Context II (GT-MA1)	1B	1
MATH 125 Numerical Trigonometry (GT-MA1)	1B	1
PSY 100 General Psychology (GT-SS3)	3C	3
SOC 100 Introduction to Sociology (GT-SS3)	3C	3
Diversity, Equity, and Inclusion ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion</a> )	1C	3
<b>Total Credits</b>		<b>30</b>

#### Sophomore

BMS 300 Principles of Human Physiology		4
BMS 302 Laboratory in Principles of Physiology		2
CHEM 245 Fundamentals of Organic Chemistry		4
CHEM 246 Fundamentals of Organic Chemistry Laboratory		1
FSHN 300 Food Principles and Applications		3
FSHN 301 Food Principles and Applications Laboratory		2
HES 145 Health and Wellness		3
OT 215 Medical Terminology		1
SPCM 200 Public Speaking		3

Foundations and Perspectives ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#foundations-perspectives">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#foundations-perspectives</a> ) <sup>1</sup>	3B, 3D	9
<b>Total Credits</b>		<b>32</b>
<b>Junior</b>		
BC 351	Principles of Biochemistry	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	3
HES 207	Anatomical Kinesiology	3
HES 232	Techniques of Teaching Group Exercise	1
HES 403	Physiology of Exercise	4
LIFE 205	Microbial Biology	3
LIFE 206	Microbial Biology Laboratory	2
STAT 201 or 204	General Statistics (GT-MA1)	3
	Statistics With Business Applications (GT-MA1)	1B
Elective		3
<b>Total Credits</b>		<b>29</b>
<b>Senior</b>		
FSHN 360	Nutrition Assessment	2
FSHN 428	Nutrition Teaching and Counseling Techniques	3
FSHN 450	Medical Nutrition Therapy	4B
FSHN 451	Community Nutrition	4A
FSHN 459	Nutrition in the Life Cycle	3
FSHN 470	Integrative Nutrition and Metabolism	3
FSHN 492	Seminar in Dietetics and Nutrition	4C
HES 340	Exercise Prescription	3
HES 434	Physical Activity Throughout the Lifespan	3
Electives <sup>2</sup>		2
<b>Total Credits</b>		<b>29</b>
<b>Program Total Credits:</b>		<b>120</b>

<sup>1</sup> Select one course from the list in category 3D and two courses from category 3B of the All-University Core Curriculum (AUCC).

<sup>2</sup> Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).