

MAJOR IN NUTRITION SCIENCE, SPORTS NUTRITION AND WELLNESS CONCENTRATION

Major Completion Map

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
FSHN 115	Health Equity (GT-SS3)			1C,1C	3
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 124	Logarithmic and Exponential Functions (GT-MA1)	X		1B	1
PSY 100	General Psychology (GT-SS3)	X		3C	3
Select one group from the following:		X			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	
Total Credits					16

Semester 2		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
Select one group from the following:		X			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				
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	6

Total Credits **14-17**

Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
FSHN 220	Intro to Nutrition for Sports and Fitness	X			3
FSHN 292	Careers in Nutrition Science Seminar	X			1
FSHN 300	Food Principles and Applications	X			3
FSHN 301	Food Principles and Applications Laboratory	X			2
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			X	3D	3
Elective			X		3

Total Credits **15**

Semester 4		Critical	Recommended	AUCC	Credits
FSHN 271	Integrative Wellness Coaching I	X			3
HES 202	Introduction to Exercise Physiology	X			3
SPCM 200	Public Speaking	X			3

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Choose one of the following:		X			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	
Elective			X		3
Total Credits					15
Junior					
Semester 5					
		Critical	Recommended	AUCC	Credits
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	X			4
FSHN 272	Integrative Wellness Coaching II	X			3
FSHN 350	Human Nutrition	X			3
FSHN 451	Community Nutrition	X			3
Elective			X		3
Total Credits					16
Semester 6					
		Critical	Recommended	AUCC	Credits
FSHN 340	Food as Preventive Medicine	X			3
FSHN 360	Nutrition Assessment	X			2
PSY 300	Positive Psychology	X			3
Electives			X		6
Total Credits					14
Senior					
Semester 7					
		Critical	Recommended	AUCC	Credits
FSHN 449	Pathophysiology of Nutrition-Related Diseases	X		4B	2
FSHN 459	Nutrition in the Life Cycle	X		4A	3
HES 434	Physical Activity Throughout the Lifespan	X			3
STAT 201 or 204	General Statistics (GT-MA1) Statistics With Business Applications (GT-MA1)	X		1B	3
Electives			X		3-6
Total Credits					14-17
Semester 8					
		Critical	Recommended	AUCC	Credits
FSHN 428	Nutrition Teaching and Counseling Techniques	X			3
FSHN 453	Biology of Body Weight Regulation	X			3
FSHN 492	Seminar in Dietetics and Nutrition	X		4C	2
Guided Electives (see list on Program Requirements tab)			X		5
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					13
Program Total Credits:					120