

MAJOR IN NUTRITION SCIENCE, SPORTS NUTRITION AND WELLNESS CONCENTRATION

Requirements

Effective Fall 2024

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 115	Health Equity (GT-SS3)	1C,1C	3
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 124	Logarithmic and Exponential Functions (GT-MA1)	1B	1
PSY 100	General Psychology (GT-SS3)	3C	3
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		
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			6

Total Credits

30-33

Sophomore

FSHN 220	Intro to Nutrition for Sports and Fitness		3
FSHN 271	Integrative Wellness Coaching I		3
FSHN 292	Careers in Nutrition Science Seminar		1
FSHN 300	Food Principles and Applications		3
FSHN 301	Food Principles and Applications Laboratory		2
HES 202	Introduction to Exercise Physiology		3
SPCM 200	Public Speaking		3
Choose one of 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	

Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)	3D	3
Electives		6
Total Credits		30
Junior		
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	4
FSHN 272	Integrative Wellness Coaching II	3
FSHN 340	Food as Preventive Medicine	3
FSHN 350	Human Nutrition	3
FSHN 360	Nutrition Assessment	2
FSHN 451	Community Nutrition	3
PSY 300	Positive Psychology	3
Electives		9
Total Credits		30
Senior		
FSHN 428	Nutrition Teaching and Counseling Techniques	3
FSHN 449	Pathophysiology of Nutrition-Related Diseases	4B 2
FSHN 453	Biology of Body Weight Regulation	3
FSHN 459	Nutrition in the Life Cycle	4A 3
FSHN 492	Seminar in Dietetics and Nutrition	4C 2
HES 434	Physical Activity Throughout the Lifespan	3
STAT 201 or 204	General Statistics (GT-MA1) Statistics With Business Applications (GT-MA1)	1B 3
Guided Electives (see list below) ¹		5
Electives ²		3-6
Total Credits		27-30
Program Total Credits:		120

Guided Electives

Code	Title	Credits
FSHN 450	Medical Nutrition Therapy	3
FSHN 455	Food Systems–Impact on Health/Food Security	2
FSHN 461	Global Nutrition	2
FSHN 470	Integrative Nutrition and Metabolism	3
FSHN 486A	Practicum: Counseling	1-3
FSHN 486B	Practicum: Nutrition	1-3
HES 403	Physiology of Exercise	3

¹ A minimum of five (5) credits must be selected from the Guided Electives list.

² 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).