

HEALTH SCIENCE: Nutrition Option – B.S.

(128 cr)

Keene State College

2007-2008 Catalog

INTEGRATIVE STUDIES PROGRAM REQUIREMENTS (44 cr)

Note: Students must complete the **Thinking & Writing** requirement within their first two semesters and the **Quantitative Literacy** requirement within their first three semesters.

Foundations

ITW: Thinking & Writing _____
IQL: Quantitative Literacy _____

Perspectives

NOTE: Students may take only **one** course in any specific discipline within the *PERSPECTIVES* area. Disciplines are shown in **BOLD**, such as IAART.

IA: Arts – IAART, IAMU, IATAD

1 course: _____

IH: Humanities - IHCOMM, IHENG, IHFILM, IHFR, IHGER, IHHIST, IHJRN, IHML, IHPHIL, IHSP

2 courses: _____ _____

IA/IH: 1 additional course in either IA or IH

1 course: _____

IN: Natural Sciences – INASTR, INBIO, INCHEM, INGEOL, INMET, INPHYS

2 courses: _____ _____

IS: Social Sciences – ISANTH, ISCJS, ISECON, ISGEOG, ISPOSC, ISPSYC, ISSOC, ISSOSC

2 courses: _____ _____

Interdisciplinary

II: Any course beginning with II

1 course: _____

NOTE: Courses fulfilling *PERSPECTIVES* and *INTERDISCIPLINARY* requirements may be at the 100-400 level. All students must complete a minimum of 24 credits at the 100-200 level and a minimum of 8 credits at the 300-400 level to complete the *Integrative Studies Program (ISP)*.

MAJOR REQUIREMENTS (92 cr)

- | | |
|--|--|
| <input type="checkbox"/> HLSC 101 Health & Wellness | <input type="checkbox"/> HLSC 385 Behavior Change Facilitation |
| <input type="checkbox"/> HLSC 285 Health in Society | <input type="checkbox"/> HLSC 485 Health Promotion Practice |
| <input type="checkbox"/> HLSC 318 Life Cycle Nutrition & Wellness | <input type="checkbox"/> HLSC 495 Seminar: Health Science |
| <input type="checkbox"/> HLSC 380 Addiction: Theory, Research & Practice | |

Nutrition Option (36 cr):

- | | |
|---|---|
| <input type="checkbox"/> HLSC 125 Nutrition & the Profession | <input type="checkbox"/> HLSC 313 Food Service Management |
| <input type="checkbox"/> HLSC 215 Nutrition Science & Application | <input type="checkbox"/> HLSC 410 Experimental Foods |
| <input type="checkbox"/> HLSC 216 Current Topics in Food Culture | <input type="checkbox"/> HLSC 415 Nutritional Biochemistry |
| <input type="checkbox"/> HLSC 265 Exercise Science & Application | <input type="checkbox"/> HLSC 416 Medical Nutrition Therapy |
| <input type="checkbox"/> HLSC 310 Food Science | <input type="checkbox"/> HLSC 473 Practicum: Nutrition |

Allied Discipline Requirements (28 cr):

- | | |
|---|---|
| <input type="checkbox"/> BIO 230 Human Anatomy & Physiology I | <input type="checkbox"/> CHEM 220 Fundamental Organic Chemistry |
| <input type="checkbox"/> BIO 232 Human Anatomy & Physiology II | <input type="checkbox"/> IHCOMM 171 Public Speaking * |
| <input type="checkbox"/> BIO 240 Cell & Microbial Biology | <input type="checkbox"/> PSYC 101 General Psychology |
| <input type="checkbox"/> INCHEM 103 Fundamentals of Chemistry * | |

*NOTE: Courses may be used to satisfy the Integrative Studies requirements; credits only count once.

Note: Please see the catalog for COMPLETE program requirements. This sheet is for general advising purposes only.

Health Science Major
NUTRITION OPTION
2007-2008

SUGGESTED COURSE SEQUENCE: 4-CREDIT MODEL

First Year

Fall Semester

PSYC 101: General Psychology	4
INCHEM 103: Fund of Chemistry	4
ITW**	4
HLSC 101: Health & Wellness	4
	16

Spring Semester

BIO 230: Human Anat. and Phys I	4
IQL**	4
HLSC 125: Nutrition & the Pof	4
IHCOMM 171: Public Speaking**	4
	16

Total Credit Hours 32

Second Year

Fall Semester

BIO 232: Human Anat. and Phys II	4
HLSC 285: Health in Society	4
HLSC 216: Current Top Food Culture	4
CHEM 220: Fund Organic Chemistry	4
	16

Spring Semester

HLSC 265: Exercise Sci & App	2
HLSC 215: Nutrition Sci & App	4
IS Course	4
BIO 240: Cell & Microbial Biology	4
IS Course**	4
	18

Total Credit Hours 34

Third Year

Fall Semester

HLSC 318: Lifecycle Nutr/Wellness	4
HLSC 380: Addiction: Theory, Res, Pract	4
IS Course**	4
HLSC 310 Food Science	4
	16

Spring Semester

HLSC 313: Foodservice Mgt	4
IS Course**	4
HLSC 385: Behavior Change Facilitation	4
IS Course**	4
	16

Total Credit Hours 32

Fourth Year

Fall Semester

HLSC 495: Health Science Seminar	4
HLSC 473: Practicum Nutrition	4
HLSC 415: Nutritional Biochem	4
IS Course**	4
	16

Spring Semester

HLSC 410: Experimental Foods	2
HLSC 485: Health Promotion Practice	4
IS Courses**	4
HLSC 416: Medical Nutr Therapy	4
	14

Total Credit Hours 34

TOTAL DEGREE CREDITS: 128

OVER BY: 4 CREDITS (IS COURSES [44] + CORE [28]+ OPTION [36]+ ALLIED DISCIPLINES [20]= 128)

**Indicates IS courses