

College of Agriculture and Life Sciences
Bachelor of Science: Human Nutrition, Foods and Exercise Major
SCIENCE OF FOOD, NUTRITION AND EXERCISE OPTION (SFNE)
For students with date of entry under UG Catalog 2021-2022

Pathways to General Education		44 Credits
Concept 1: Discourse 9 credits		
1f: Foundational Discourse: ENGL 1105-1106 First Year Writing		3__ 3__
1a: Advanced / Applied Discourse: COMM 2004 ¹ Public Speaking		3__
Concept 2: Critical Thinking in the Humanities 6 credits		
(select from timetable)		3__
(select from timetable)		3__
Concept 3: Reasoning in the Social Sciences 6 credits		
PSYC 1004 Introductory Psychology		3__
(select from timetable)		3__
Concept 4: Reasoning in the Natural Sciences 8 credits		
◆CHEM 1035, 1045 ^{2,4} General Chemistry Lecture and Lab		3__ 1__
◆CHEM 1036, 1046 ^{2,4} General Chemistry Lecture and Lab		3__ 1__
Concept 5: Quantitative and Computational Thinking 9 credits		
5f: Foundational: MATH 1025 ⁴ Elementary Calculus		3__
5f: Foundational: MATH 1026 ⁴ Elementary Calculus		3__
5a: Applied: STAT 3615 Biological Statistics (Pre: MATH 1025 or equivalent ⁴)		3__
Concept 6: Critique and Practice in Arts and Design 6 credits		
6a: Critique and Practice in the Arts (select from timetable)		3__
6d: Critique and Practice in Design (select from timetable)		3__
Concept 7: Critical Analysis of Identity and Equity in the United States		
(select course that meets Concept 7 and another Concept. If course meets only Concept 7, Pathways credit reaches 47)		3__

◆ Department of Human Nutrition, Foods and Exercise Common Degree Core		39 Credits
HNFE 1114*	Orientation to HNFE	1__
HNFE 1004 ²	Foods, Nutrition and Exercise	3__
BIOL 1105,1115 ⁴	Principles of Biology, Principles of Biology Lab	3__ 1__
BIOL 1106,1116 ⁴	Principles of Biology, Principles of Biology Lab	3__ 1__
HNFE 2014	Nutrition Across the Life Span (Pre: HNFE 1004, CHEM 1035, Co: CHEM 1036)	3__
HNFE 2484	Evidence-based Practice in Health Science (Pre: HNFE 1004)	1__
BMSP 2135-2136	Human Anatomy & Physiology (Pre: BIOL 1105, 1106 or equivalent ⁵)	3__ 3__
HNFE 2804	Exercise and Health (Pre: HNFE 1004, BMSP 2135)	3__
CHEM 2514 ^{2,3} or 2535 ^{2,3}	Survey of Organic Chemistry or Organic Chemistry (Pre: One year General Chemistry)	3__
BCHM 2024 ⁴	Concepts of Biochemistry (Pre: CHEM 2514 or 2535)	3__
HNFE 3034	Methods of Human Health Assessment (Pre: HNFE 1004, HNFE 2014, BMSP 2136)	2__
HNFE 4025-4026	Metabolic Nutrition (Pre: HNFE 2014, BCHM 2024, BMSP 2136)	3__ 3__

SCIENCE OF FOOD, NUTRITION AND EXERCISE

◆ GROUP A: SFNE Curriculum - Complete ALL of the following courses.		7 Credits
BMSP 2145-2146	Human Anatomy and Physiology Lab (Co: 2135 for 2145; 2136 for 2146)	1__ 1__
HNFE 3804	Exercise Physiology (Pre: BMSP 2136)	3__
HNFE 4964 or 4974 or 4994 or 3954	Independent Learning Experience ⁶ : Field Study or Independent Study or Undergraduate Research or Study Abroad (2 total credits needed, may be different experiences)	2__

◆ GROUP B: Science Foundations - Minimum of 4 credits.		4 Credits
BIOL 2604	General Microbiology (Pre: CHEM 1036 , 1 yr BIOL)	3__
BIOL 2614	General Microbiology Lab (Pre/Co: BIOL 2604.)	2__
CHEM 2536	Organic Chemistry (Pre: CHEM 2535)	3__
CHEM 2545	Organic Chemistry Lab (Pre: CHEM 1046; Co: 2535)	1__
CHEM 2546	Organic Chemistry Lab (Pre: CHEM 2545; Co: 2536)	1__
PHYS 2205 ⁴	General Physics (Pre: MATH 1016 or 1025)	3__
PHYS 2206 ⁴	General Physics (Pre: PHYS 2205 or 2305)	3__
PHYS 2215 ⁴	General Physics Lab (Co: PHYS 2205)	1__
PHYS 2216 ⁴	General Physics Lab (Co: PHYS 2206)	1__

◆ GROUP C: HNFE Electives- Minimum 15 credits, at least 9 must be at the 3000-4000 level with at least one designated Capstone. All courses in this section must be HNFE courses; non-HNFE courses cannot be substituted. ⁷		15 Credits
HNFE 1804	Principles of Sport Science (<i>Note: only available for Summer Academy students</i>)	3__
HNFE 2104 (DANC 2104) ⁸	Moving Body, Moving Mind	3__
HNFE 2204	Medical Terminology (Pre: 1 yr BIOL)	3__
FST 2014 & HNFE 3024	Introduction to Food Science, Science of Food Preparation Lab (Pre: FST 2014) (<i>Note: FST 2014 counts as free elective if HNFE 3024 is not subsequently taken</i>)	2__, 2__
HNFE 2314 (SPIA 2314) ⁸	Active Transportation for a Healthy, Sustainable Planet	3__
HNFE 2334	Intro to Integrative Health	3__
HNFE 2544 (FST 2544)	Functional Foods for Health	3__
HNFE 2664 ⁸	Behavioral Theory in Health Promotion	3__
HNFE 2774 ⁹	Topics in HNFE (variable credit) (Pre: HNFE 1004)	1-3__
HNFE 2824	Prevention and Care of Athletic Injuries	2__
HNFE 3634 (PHS 3634)	Epidemiologic Concepts of Health and Disease (junior standing)	3__
HNFE 3824	Kinesiology (Pre: BMSP 2136, Co: PHYS 2205)	3__
HNFE 4004 ⁵ <i>Capstone</i>	Seminar in HNFE: Writing & Discourse (Pre: COMM 2004 or ALCE 3634; Co: HNFE 4025)	3__
HNFE 4114 ⁵ <i>Capstone</i>	Food and Nutritional Toxicology (Pre: BMSP 2136, BCHM 2024)	3__
HNFE 4174	Nutrition and Physical Performance (Pre: HNFE 2804; Co: HNFE 4025)	3__
HNFE 4224	Alternative and Complementary Nutrition Therapy (Pre: 1 yr BIOL; CHEM 1036)	2__
HNFE 4514 ⁵ <i>Capstone</i>	Nutritional Genomics (Junior standing required)	3__
HNFE 4644	Health Counseling (Junior standing required)	3__
HNFE 4754	Advanced Human Anatomy and Pathophysiology (Pre: BMSP 2136, 2146)	3__
HNFE 4774 ^{5,9} <i>Capstone</i>	Advanced Topics in HNFE (variable credit) (Pre: HNFE 2014) (Junior Standing)	1-3__
HNFE 4814	Advanced Athletic Injuries (Pre: HNFE 2824, HNFE 3804)	2__
HNFE 4824 ⁵ <i>Capstone</i>	Advanced Kinesiology (Pre: HNFE 3824)	3__
HNFE 4844	Exercise and Neuromuscular Performance (Pre: HNFE 3804)	3__

TOTAL CREDITS REQUIRED FOR GRADUATION		
	SUBTOTAL FOR GENERAL EDUCATION:	44 credits
	SUBTOTAL FOR HNFE DEPARTMENT CURRICULUM:	39 credits
	SUBTOTAL FOR SFNE OPTION:	26 credits
	FREE ELECTIVES¹⁰:	11 credits
	TOTAL CREDITS REQUIRED FOR GRADUATION:	120 credits

Foreign Language Requirement: A sequence of two foreign language courses is required for graduation unless two years of high school credits of the same foreign language or 6 transfer credits of one foreign language have been earned. These credits do not count towards graduation.

Footnotes:

- ◆ Courses are included in the in-major GPA with the exception of HNFE 1114.
- 1. Credit cannot be received for both COMM 1016 and COMM 2004 if COMM 1015-1016 taken for Concept 1f.
- 2. A minimum grade of "C" is required in both CHEM 1035 and 1036; CHEM 2514 or 2535; and HNFE 1004.
- 3. Students should choose organic chemistry based on what is required for their career and professional pathway.
- 4. Acceptable substitutions:
 - BIOL 1105: BIOL 1005 General Biology
 - BIOL 1115: BIOL 1016 General Biology Lab
 - BIOL 1106: BIOL 1006 General Biology
 - BIOL 1116: BIOL 1016 General Biology Lab
 - BCHM 2024: BCHM 3114 Biochemistry for Biotechnology and the Life Sciences (appropriate for pre-med, pre-dental) or BCHM 4115 General Biochemistry (for BCHM – HNFE double majors)
 - CHEM 1035: CHEM 1055 General Chemistry for Majors
 - CHEM 1036: CHEM 1056 General Chemistry for Majors
 - CHEM 1045: CHEM 1065 General Chemistry Lab for Majors
 - CHEM 1046: CHEM 1066 General Chemistry Lab for Majors
 - MATH 1025: MATH 1225 Calculus of a Single Variable **or** 1525 Elementary Calc with Matrices **or** ISC 1105 Integrated Science
 - MATH 1026: MATH 1226 Calculus of a Single Variable **or** 1526 Elementary Calc with Matrices **or** ISC 1106 Integrated Science **or** MATH 1524 Business Calculus.
 - PHYS 2205, 2215: PHYS 2305 Foundations of Physics I
 - PHYS 2206, 2216: PHYS 2306 Foundations of Physics II
- 5. Students must either take HNFE 4004 or a course that is a designated Capstone.
- 6. Meet with your faculty mentor and academic advisor early to discuss which option would be best for your career goals and allow time to line-up an opportunity. Two credits are required for graduation but students may do additional credits as free electives. Only 2 credits will count toward in-major GPA.
- 7. New HNFE courses or HNFE Special Study (HNFE 2984 or HNFE 4984) courses are allowed in this section and can be substituted for courses on this list. No courses outside of HNFE will be substituted. Students must have at least 15 hours of HNFE electives, with at least 7 at the 3000-4000 level.
- 8. Course also part of Pathways to General Education and can be counted in both locations.
- 9. HNFE 2774: Topics in HNFE and HNFE 4774: Advanced Topics in HNFE are not taught on a regular basis. Students would be notified of opportunities through department communications and the timetable of classes. Note: 1 credit 4774 Advanced Topics courses do not meet the Capstone requirement
- 10. Free electives may be any course available to the student. Prerequisites for courses still apply. Students should be careful not to exceed the university maximum of pass/fail credits (See Academic Policies in the Undergraduate Catalog). A total of 120 credits must be completed for graduation, regardless of a course counting in two checked areas. This may require more Free Electives than listed.

Note: Completion of this option does not qualify a student to apply to an Accreditation Council for Education in Nutrition and Dietetics (ACEND) Accredited Dietetic Internship. Students interested in becoming a Registered Dietitian must complete the Dietetics option of the HNFE program.

HNFE is a restricted major. Students who wish to change into, transfer into, and/or continue to study within HNFE must have and maintain the following: **SATISFACTORY PROGRESS TOWARDS THE DEGREE:** An HNFE (**SFNE Option**) student will be considered to have made satisfactory progress toward the degree when he/she has successfully completed:

1. In-major GPA \geq 2.5.
2. Overall GPA \geq 2.5.

3. Grade of C* or better in HNFE 1004, CHEM 1035*, CHEM 1036 and CHEM 2535 or 2514. (*C- or better in CHEM 1055 Chem for Majors)
4. These courses must be completed by the time the student has attempted 72 hours:
 - BIOL 1105-1106 or equivalent.
 - CHEM 1035-1036 or equivalent.
 - CHEM 2535 or 2514.
 - HNFE 1004.

Students not meeting Satisfactory Progress will have one probationary semester in which to resolve their standing. Students who do not return to good standing at the end of the probationary semester must leave the major. Internal or external transfers will be required to create a plan of study that demonstrates how the student will attain Satisfactory Progress in regards to coursework. The GPA threshold will stand for all students regardless of transfer status.

SUGGESTED FREE ELECTIVES: Select free elective courses based on interests, long-term goals, and minor(s) or second majors.

The majority of students in HNFE pursue continuing education in the health professions. Free electives can be selected based on admission requirements and recommendations for those programs. Students additionally may select free electives that count toward a minor or second major. Students can find lists of suggested free electives and maps of complementary majors and minors on the HNFE Advising site in Canvas.