

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	3
FSHN 150	Introduction to 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
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	
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	6
Total Credits					14

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	Culinary Nutrition	X			3
FSHN 301	Culinary Nutrition Laboratory	X			2
Historical Perspectives (https://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 (GT-SC2)	X		3A	3
SPCM 200	Public Speaking	X			3
Select one course from 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
FSHN 350	Human Nutrition	X			3
FSHN 420	Advanced Sports Nutrition	X			3
FSHN 451	Community Nutrition	X			3
Select one course from the following:					4
BMS 300	Principles of Human Physiology	X			
HES 300	Physiology for Clinical Health Professions	X			
Elective			X		3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
FSHN 340	Food as Medicine	X			3
FSHN 360	Nutrition Assessment	X			2
Select one course from the following:					3
HES 354	Theory of Health Behavior				
HES 379	Psychology and Sport				
PSY 252	Mind, Brain, and Behavior				
PSY 300	Positive Psychology				
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
Select one course from the following:					3
STAT 201	General Statistics (GT-MA1)	X		1B	
STAT 204	Statistics With Business Applications (GT-MA1)	X		1B	
Guided Electives (see list on Program Requirements tab)					2
Electives			X		3
Total Credits					16
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)					6
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.					
Total Credits					14
Program Total Credits:					120