

MAJOR IN NUTRITION SCIENCE, SPORTS NUTRITION AND WELLNESS CONCENTRATION

Requirements Effective Fall 2026

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 115	Health Equity (GT-SS3)	1C	3
FSHN 150	Introduction to 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
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)			6
Total Credits			30

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	Culinary Nutrition		3
FSHN 301	Culinary Nutrition Laboratory		2
HES 202	Introduction to Exercise Physiology (GT-SC2)	3A	3
SPCM 200	Public Speaking		3
Select one course from 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 (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)	3D	3
Electives		6
Total Credits		30
Junior		
FSHN 340	Food as Medicine	3
FSHN 350	Human Nutrition	3
FSHN 360	Nutrition Assessment	2
FSHN 420	Advanced Sports Nutrition	3
FSHN 451	Community Nutrition	3
Select one course from the following:		4
BMS 300	Principles of Human Physiology	
HES 300	Physiology for Clinical Health Professions	
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		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
Select one course from the following:		3
STAT 201	General Statistics (GT-MA1)	1B
STAT 204	Statistics With Business Applications (GT-MA1)	1B
Guided Electives (see list below)		8
Electives ¹		3
Total Credits		30
Program Total Credits:		120

Guided Electives

Code	Title	Credits
FSHN 272	Integrative Wellness Coaching II	3
FSHN 335/HEM 335	Food, Society and Social Media	3
FSHN 361	Global Nutrition	2
FSHN 435	Lactation Benefits and Promotion	2
FSHN 455	Food Systems—Impact on Health/Food Security	2
FSHN 470	Advanced Human Nutrition and Metabolism	3
FSHN 486A	Practicum: Counseling	1-3
FSHN 486B	Practicum: Sports Nutrition	3
FTEC 110	Food-From Farm to Table	3
FTEC 115	Cultural Aspects of Fermented Foods (GT-SS3)	3
FTEC 155	Introduction to Food Science (GT-SC2)	3
FTEC 210	Science of Food Fermentation	3

HEM 365	Entrepreneurship in Hospitality	3
HES 403	Physiology of Exercise	3

¹ 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).