

**Commission on Undergraduate Studies and Policies
CUSP 2022-23D**

**Resolution to Approve New Major, Exercise and Health Sciences, in Bachelor of Science in
Human Nutrition, Foods and Exercise**

Recommended for approval by the Commission on Undergraduate Studies and Policies
Draft Notice Sent to University Council Cabinet March 21, 2023
First Reading by CUSP:
Second Reading by CUSP:
Faculty Senate Review:
AP Faculty Senate Review:
Staff Senate Review:
Undergraduate Student Senate Review:
Graduate and Professional Student Senate Review:
Approved by University Council:
Approved by the President:
First Effective Date to Declare Major: Summer 2023
First Effective Date to Graduate: Fall 2023

WHEREAS, the Science of Food, Nutrition, and Exercise (SFNE) has been an option within the Human Nutrition, Foods and Exercise (HNFE) Bachelor of Science degree since 1994 when the Department of Human Nutrition and Foods merged with the Department of Exercise Science; and

WHEREAS, the majority of SFNE students pursue careers in the health professions; and

WHEREAS, SFNE includes the flexibility for students to tailor the degree to their professional pathways; and

WHEREAS, making Exercise & Health Sciences (EAHS) a major rather than an option will increase visibility and appeal of the program to prospective students as well as future graduate programs and employers; and

WHEREAS, EAHS more closely aligns with the majors students select from and/or report when applying for graduate school admission; and

WHEREAS, making EAHS a major instead of an option will allow students to clearly demonstrate their credentials as the name of the major is represented on both the transcript and diploma.

THEREFORE, BE IT RESOLVED that the Major in Exercise & Health Sciences (EAHS) under the Bachelor of Science in Human Nutrition, Foods and Exercise within the College of Agriculture and Life Sciences be approved effective Summer 2023 and the proposal forwarded through University governance to the President for approval.



New Major Proposal: Exercise & Health Sciences

5 December 2022

The Department of Human Nutrition, Foods and Exercise requests approval to create a new major by elevating our existing major concentration / option to major status beginning in catalog year 2023-2024. Our current degree structure consists of one degree: Human Nutrition, Foods and Exercise (HNFE) with two concentrations / options: Dietetics (DIET) and Science of Food, Nutrition, and Exercise (SFNE).

Our *proposed* degree structure consists of the same degree (HNFE) with two majors underneath the degree: Nutrition & Dietetics, and Health & Exercise Sciences. This proposal is for the new Major in Exercise and Health Sciences (EAHS). If approved, the Science of Food, Nutrition, and Exercise (SFNE) concentration will be discontinued.

Summary and Rationale

“*I didn’t know about HNFE*” is a common statement among the 150+ students who change majors to HNFE each year. Prospective students interested in health and medicine look for majors such as Kinesiology, Exercise Science, Health Science, and Nutrition. Common HNFE career pathways of SFNE students of physical therapy, physician assistant, athletic training, medicine, and dentistry are not intuitively found in “Human Nutrition, Foods and Exercise” in the College of Agriculture and Life Sciences. We wish to elevate our major concentration/option to major status to clearly define the program, facilitate recruitment efforts, and allow students to direct entry upon admission rather than declaring an option during their first semester.

Exercise & Health Sciences more clearly aligns with students’ common career pathways and may increase the number of students applying and admitted to the major. Approximately half of each graduating class in HNFE is made up of students who changed into the department, which may also shift if more students learn about HNFE earlier. Direct entry to the specific major increases efficiency and efficacy of advising and allows us to analyze admission and enrollment data.

Currently students identify with their concentration of “Science” which is not reflected on their diploma, nor does it align with information students enter when applying to programs in health

professions. Approximately 65% of SFNE students pursue health professions which typically includes applying through a centralized application system and selecting from a list of specific majors. Students currently are unsure of what to select and often enter “other”.

Students in HNFE 2484 and 2804 were initially surveyed for their suggestions and input on a name for this major. These courses are HNFE majors only and made up of sophomores & juniors. Faculty then discussed potential names and sent a final voting survey to all HNFE students. Over 220 students responded, with “Health & Exercise Sciences” or “Exercise & Health Sciences” as their top choice.

Students Serviced and Teach-out Plan

SFNE Discontinued Option

- Currently enrolled in SFNE: 723
- Expected graduation dates for students in SFNE: 2023-2026
- Last term to enroll in SFNE: Spring 2023
- How will they get through if they don't want to change to the major? SFNE requirements are the same as the major in Health & Exercise Sciences, so credits should automatically match in DARS.
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EAHS New Major

- First term to declare new major: Summer 2023
- First graduation term for new major: Spring 2024
- Expected enrollment changes: Applications to the major are expected to increase slightly but admissions continues to be driven by the Office of Undergraduate Admissions. Expected approximate annual new student enrollment: 150 - 180
- Advising: No changes are needed. There may be greater advising load for incoming students, but have previously managed 180-200 new majors. We also expect fewer students changing in to the major.

Resource Needs

No new resources are necessary to implement these changes as the courses and curriculum structure are consistent.

Communication of Changes

We have found classroom visits to be the most effective method of communication with students. In addition, information will be shared through email announcements and the Canvas HNFE Advising Site

Administration

These new majors will be effective for all students beginning in Summer 2023. If approved, we will post the information on the departmental website, request Registrar authorization, notify all students, and share with advisors across colleges.

Support

The new major of Health & Exercise Sciences has received support from the HNFE faculty. Letters of support are included from all departments with courses on the proposed checksheet.



Stella L. Volpe, PhD, RDN, ACSM-CEP, FACSM
Professor and Department Head
Human Nutrition, Foods and Exercise



Renee Eaton, MS, MS, LAT
HNFE Undergraduate Director

College of Agriculture and Life Sciences
Bachelor of Science: Human Nutrition, Foods and
Exercise MAJOR: Exercise and Health Sciences (EAHS)
Date of entry under the UG Catalog year 2023-2024

Pathways General Education		44 Credits
Concept 1: Discourse 9 credits		
1f: Foundational Discourse: ENGL 1105-1106 First Year Writing or other approved sequence		3__ 3__
1a: Advanced / Applied Discourse: COMM 2004 ¹ Public Speaking or ALCE 3634 Communicating in Agriculture & Life Science		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 ^{2,3} General Chemistry Lecture and Lab		3__ 1__
◆CHEM 1036, 1046 ^{2,3} General Chemistry Lecture and Lab		3__ 1__
Concept 5: Quantitative and Computational Thinking 9 credits		
5f: Foundational: MATH 1025 ³ Elementary Calculus		3__
5f or 5a: Foundational or Applied Concept 5 (select from timetable)		3__
5a: Applied: STAT 3615 Biological Statistics (Pre: MATH 1025 or equivalent ³)		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)		

◆ 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 ³	Principles of Biology, Principles of Biology Lab	3__ 1__
BIOL 1106,1116 ³	Principles of Biology, Principles of Biology Lab	3__ 1__
HNFE 2014	Nutrition Across the Life Span (Pre: (HNFE 1004, CHEM 1035) or CHEM 1055 or ISE 1106)	3__
HNFE 2484	Evidence-based Practice in Health Science (Pre: HNFE 1004)	1__
BMSP 2135	Human Anatomy & Physiology (Pre: (BIOL 1005 or BIOL 1006) or (BIOL 1105 or BIOL 1106) or (BIOL 1205H or BIOL 1206H))	3__ 3__
BMSP 2136	Human Anatomy & Physiology (Pre: BMSP 2135)	
HNFE 2804	Exercise and Health (Pre: HNFE 1004, BMSP 2135)	3__
CHEM 2514 ^{2,4} or 2535 ^{2,4}	Survey of Organic Chemistry or Organic Chemistry (Pre: One year General Chemistry)	3__
BCHM 2024 ³	Concepts of Biochemistry (Pre: CHEM 2514 or 2535)	3__
HNFE 3034	Methods of Human Health Assessment (Pre: HNFE 2014, BMSP 2136)	2__
HNFE 4025	Metabolic Nutrition (Pre: (HNFE 2014 or HNFE 2014H), BMSP 2136, (BCHM 2024 or BCHM 3114 or BCHM 4115))	3__ 3__
HNFE 4026	Metabolic Nutrition (Pre: HNFE 4025)	

EXERCISE AND HEALTH SCIENCES (EAHS) MAJOR COURSE REQUIREMENTS

◆ GROUP A: EAHS 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 2135, BMSP 2136)	3__
HNFE 4964 or 4974 or 4994 or 3954	Independent Learning Experience ⁵ : 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: (BIOL 1005 or BIOL 1105 or BIOL 1205H or ISC 2105), (BIOL 1006 or BIOL 1106 or BIOL 1206H), (CHEM 1036 or CHEM 1056 or CHEM 1036H or CHEM 1056H or ISC 2105))	3__
BIOL 2614	General Microbiology Lab (Pre: (BIOL 1005 or BIOL 1105 or ISC 2105), (BIOL 1006 or BIOL 1106), (CHEM 1036 or CHEM 1056 or CHEM 1036H or CHEM 1056H or ISC 2105); Co: BIOL 2604)	2__
CHEM 2536	Organic Chemistry (Pre: CHEM 2535 or CHEM 2565H)	3__
CHEM 2545	Organic Chemistry Lab (Pre: CHEM 1046 or CHEM 1066 or ISC 1116; Co: 2535, 2536)	1__
CHEM 2546	Organic Chemistry Lab (Pre: CHEM 2545; Co: 2536)	1__
PHYS 2205 ³	General Physics (Pre: MATH 1016 or MATH 1016H or MATH 1025 or MATH 2015 or MATH 1026 or MATH 1205 or MATH 1205H or MATH 1525 or MATH 1535 or MATH 1225 or MATH 1225H)	3__
PHYS 2206 ³	General Physics (Pre: PHYS 2305 or PHYS 2205)	3__
PHYS 2215 ³	General Physics Lab (Co: PHYS 2205)	1__
PHYS 2216 ³	General Physics Lab (Pre: PHYS 2215 or 2305) 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 ⁶ . 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 ⁸ (DANC 2104)	Moving Body, Moving Mind	3__
HNFE 2204	Medical Terminology (Pre: (BIOL 1005 or BIOL 1105 or BIOL 1205H), (BIOL 1006 or BIOL 1106 or BIOL 1206H) or (ISC 2106 or ISC 2106H))	3__
FST 2014	Introduction to Food Science, (Pre: (HNFE 1004, CHEM 1035) or CHEM 1055 or ISC 1106) (<i>Note: FST 2014 counts as free elective if HNFE 3024 is not subsequently taken</i>)	2__ 2__
HNFE 3024	Science of Food Preparation Lab (Pre: (HNFE 1004, CHEM 1036) or CHEM 1056 or (ISC 2106, FST 2014))	
HNFE 2314 ⁸ (SPIA 2314)	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	3__
HNFE 3824	Kinesiology (Pre: BMSP 2135, BMSP 2136; Co: PHYS 2205 or PHYS 2305)	3__
HNFE 4004 ⁶ <i>Capstone</i>	Seminar in HNFE: Writing & Discourse (Pre: COMM 2004 or ALCE 3634; Co: HNFE 4025)	3__
HNFE 4114 ⁶ <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 <i>Capstone</i>	Alternative and Complementary Nutrition Therapy (Pre: (BIOL 1005 or BIOL 1105 or BIOL 1205H), (BIOL 1006 or BIOL 1106 or BIOL 1206H), (CHEM 1036 or CHEM 1056) or ISC 2104))	2__
HNFE 4354 <i>Capstone</i>	Dietary Supplements and Health (Pre: (BCHM 2024 or BCHM 3114), (BMSP 2136 or BIOL 2406))	3__
HNFE 4514 ⁶ <i>Capstone</i>	Nutritional Genomics	3__
HNFE 4644	Health Counseling	3__
HNFE 4754	Advanced Human Anatomy and Pathophysiology (Pre: BMSP 2136, BMSP 2146)	3__
HNFE 4774 ^{6,9} <i>Capstone</i>	Advanced Topics in HNFE (variable credit) (Pre: HNFE 2014 or 2014H)	1-3__
HNFE 4814	Advanced Athletic Injuries (Pre: HNFE 2824, HFNE 3804)	2__
HNFE 4824 ⁶ <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 EAHS 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 grade of C is required in HNFE 1004.
- 3. Acceptable substitutions:
 - 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
 - PHYS 2205, 2215: PHYS 2305 Foundations of Physics I
 - PHYS 2206, 2216: PHYS 2306 Foundations of Physics II
- 4. Students should choose Organic Chemistry based on what is required for their career and professional pathway.
- 5. Meet with your 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.
- 6. Students must either take HNFE 4004 or a course that is a designated Capstone.
- 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 9 at the 3000-4000 level.
- 8. Course also part of Pathways 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 major does not qualify a student to apply to an Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited Dietetic Internship.

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 – Health and Exercise Sciences 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, grade of C- or better in CHEM 1035, CHEM 1036 and CHEM 2535 or 2514.
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.

College of Agriculture and Life Sciences
Bachelor of Science: Human Nutrition, Foods and Exercise Major
SCIENCE OF FOOD, NUTRITION AND EXERCISE OPTION (SFNE)
Date of entry under the UG Catalog year 2022-2023

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 ^{2,3} General Chemistry Lecture and Lab	3__ 1__
◆CHEM 1036, 1046 ^{2,3} General Chemistry Lecture and Lab	3__ 1__
Concept 5: Quantitative and Computational Thinking 9 credits	
5f: Foundational: MATH 1025 ³ Elementary Calculus	3__
5f: Foundational: MATH 1026 ³ Elementary Calculus	3__
5a: Applied: STAT 3615 Biological Statistics (Pre: MATH 1025 or equivalent ³)	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)	

◆ 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 ³	Principles of Biology, Principles of Biology Lab	3__ 1__
BIOL 1106,1116 ³	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 ^{2,4} or 2535 ^{2,4}	Survey of Organic Chemistry or Organic Chemistry (Pre: One year General Chemistry)	3__
BCHM 2024 ³	Concepts of Biochemistry (Pre: CHEM 2514 or 2535)	3__
HNFE 3034	Methods of Human Health Assessment (Pre: HNFE 2014, BMSP 2136)	2__
HNFE 4025-4026	Metabolic Nutrition (Pre: HNFE 2014, BCHM 2024, BMSP 2136)	3__ 3__

◆ 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 ⁵ : 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 ⁶ . 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 ⁸ (DANC 2104)	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 ⁸ (SPIA 2314)	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 ⁶ Capstone	Seminar in HNFE: Writing & Discourse (Pre: COMM 2004 or ALCE 3634; Co: HNFE 4025)	3__
HNFE 4114 ⁶ Capstone	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 Capstone	Alternative and Complementary Nutrition Therapy (Pre: 1 yr BIOL; CHEM 1036)	2__
HNFE 4514 ⁶ Capstone	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 ^{6,9} Capstone	Advanced Topics in HNFE (variable credit) (Pre: HNFE 2014) (Junior Standing)	1-3__
HNFE 4814	Advanced Athletic Injuries (Pre: HNFE 2824, HFNE 3804)	2__
HNFE 4824 ⁶ Capstone	Advanced Kinesiology (Pre: HNFE 3824)	3__
HNFE 4844	Exercise and Neuromuscular Performance (Pre: HNFE 3804)	3__

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	SUBTOTAL FOR GENERAL EDUCATION:	44 credits
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	FREE ELECTIVES¹⁰:	11 credits
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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. 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
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 - CHEM 1045: CHEM 1065 General Chemistry Lab for Majors
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 - 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
- 4. Students should choose organic chemistry based on what is required for their career and professional pathway.
- 5. 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.
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- 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.

APPROVED University Registrar

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.