

# FOOD AND NUTRITIONAL SCIENCES: SPORTS AND EXERCISE EMPHASIS (BS)

## Program Description

The Nutrition in Sports and Exercise emphasis provides you with a broad background in food and nutritional sciences, along with further study of exercise science and the specialized nutritional requirements for physically active individuals.

If you wish a more in-depth background in exercise science, you may select this emphasis in addition to the DPD.

## Entering and Completing the Major

In order to earn a degree, you must complete at least one academic major. SPU encourages students to explore various academic paths, so if you change your mind about a major, or want to include an additional program, you are able to do so, as outlined below.

Note that the University encourages you to enter your chosen major(s) as soon as you have determined it and are eligible to join it, especially by the start of your junior year. Students who transfer as juniors and seniors should enter a major within their first two quarters at SPU.

- If this is your first quarter at SPU and you identified a major in this department as your first choice on your application for admission to the University, you have gained entry to the major. To change or add a major, follow these instructions (<https://spu.atlassian.net/1/cp/a3th1keb/>).
- If you are an SPU student with an SPU cumulative GPA of 2.0 or better, follow these instructions (<https://spu.atlassian.net/1/cp/a3th1keb/>) to enter a major in this department.
- The University requires a grade of C- or better in all classes that apply to a major; however, programs may require higher minimum grades in specific courses. You may repeat an SPU course only once for a higher grade.
- To advance in this program, meet with your faculty advisor regularly to discuss your grades, course progression, and other indicators of satisfactory academic progress. If your grades or other factors indicate that you may not be able to successfully complete the major or minor, your faculty advisor can work with you to explore options, which may include choosing a different major.
- You must complete the major requirements that are in effect in the SPU Undergraduate Catalog for the year you enter the major.

## Food and Nutritional Sciences: Sports and Exercise Emphasis (BS)

110 Credits Minimum, Including 25 Upper Division (UD)

Code	Title	Credits
<b>Family and Consumer Sciences Core</b>		
FCS 1050	Introduction to Family and Consumer Sciences	2
FCS 3240	Individual and Family Development	5
FCS 4899	FCS Senior Capstone	3
Section Credits Required		10
<b>Food and Nutritional Sciences Core</b>		

FCS 2365	Food Science	5
FCS 3321	Nutrition Through the Life Cycle	3
FCS 3340	Human Nutrition	5
FCS 3352	Nutrition Education and Counseling	5
FCS 3365	Nutrition and Meal Planning	5
FCS 4330	Advanced Nutrition and Metabolism	5
FCS 4352	Community Nutrition	3
FCS 4367	Experimental Foods	5
FCS 4370	Nutrition Research	3
BIO 2129	Human Anatomy and Physiology	5
BIO 2130	Human Anatomy and Physiology	5
BIO 3351	General Microbiology	5
MAT 2360	Introduction to Statistics for the Sciences	5
Section Credits Required		59

### Chemistry Groups

Select one of the following Groups: 15-35

Group A:

CHM 1310	Survey of General Chemistry
CHM 1330	Survey of Organic Chemistry
CHM 1360	Survey of Biological Chemistry

Group B:

CHM 1211	General Chemistry I
CHM 1212	General Chemistry II
CHM 1330	Survey of Organic Chemistry
CHM 1360	Survey of Biological Chemistry

Group C:

CHM 1211	General Chemistry I
CHM 1212	General Chemistry II
CHM 3371	Organic Chemistry I
CHM 3372	Organic Chemistry II
CHM 3373	Organic Chemistry III
CHM 4361	Biochemistry
CHM 4362	Biochemistry

Section Credits Required 15-35

### Sports and Exercise Specialization

FCS 4310	Sports and Exercise Nutrition	3
FCS 4340	Medical Nutrition Therapy I	5
HHP 1301	Wellness and Physical Activity	3
HHP 3570	Biomechanics	5
HHP 3580	Exercise Physiology	5
HHP 4585	Applied Exercise Science	5
Section Credits Required		26

**Total Credits 110-130**

## Suggested Course Sequence Four Year Plan

Course offerings are subject to change. Check quarter, day, and time in the current Time Schedule.

Course	Title	Credits
<b>First Year</b>		
<b>Variable</b>		
UFDN 1000	The Christian Faith	5

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WRI 1000	Academic Inquiry and Writing Seminar	5
WRI 1100	Disciplinary Research and Writing Seminar	5
CUE		3
WKH/WKA/WEA		5
HHP 1301	Wellness and Physical Activity	3
<b>Credits</b>		<b>26</b>
<b>Autumn</b>		
UCOL 1000	University Colloquium	1
FCS 1050	Introduction to Family and Consumer Sciences	2
CHM 1310	Survey of General Chemistry (+ Lab)	5
<b>Credits</b>		<b>8</b>
<b>Winter</b>		
CHM 1330	Survey of Organic Chemistry (+ Lab)	5
<b>Credits</b>		<b>5</b>
<b>Spring</b>		
CHM 1360	Survey of Biological Chemistry (+ Lab)	5
<b>Credits</b>		<b>5</b>
<b>Second Year</b>		
<b>Variable</b>		
UCOR 2000	The Emergence of the Modern Global Systems	5
UFDN 2000	Christian Scripture	5
MAT 2360	Introduction to Statistics for the Sciences	5
FCS 3340	Human Nutrition	5
WKH/WKA/WEA		5
<b>Credits</b>		<b>25</b>
<b>Autumn</b>		
BIO 2129	Human Anatomy and Physiology (+ Lab)	5
FCS 2365	Food Science (+ Lab)	5
FCS 3240	Individual and Family Development	5
<b>Credits</b>		<b>15</b>
<b>Winter</b>		
BIO 2130	Human Anatomy and Physiology (+ Lab)	5
<b>Credits</b>		<b>5</b>
<b>Spring</b>		
FCS 3365	Nutrition and Meal Planning (+ Lab)	5
<b>Credits</b>		<b>5</b>
<b>Third Year</b>		
<b>Variable</b>		
UCOR 3000	Faith, Philosophy, and Science	5
WKH/WKA/WEA		5
<b>Credits</b>		<b>10</b>
<b>Autumn</b>		
FCS 3352	Nutrition Education and Counseling	5
<b>Credits</b>		<b>5</b>
<b>Winter</b>		
FCS 4330	Advanced Nutrition and Metabolism	5
FCS 4370	Nutrition Research	3
HHP 3570	Biomechanics	5
<b>Credits</b>		<b>13</b>
<b>Spring</b>		
BIO 3351	General Microbiology (+ Lab)	5
FCS 3321	Nutrition Through the Life Cycle	3
HHP 3580	Exercise Physiology	5
<b>Credits</b>		<b>13</b>
<b>Fourth Year</b>		
<b>Variable</b>		
UFDN 3100	Christian Theology	5
WKH/WKA/WEA		5
<b>Credits</b>		<b>10</b>
<b>Autumn</b>		
FCS 4340	Medical Nutrition Therapy I	5

HHP 4585	Applied Exercise Science	5
<b>Credits</b>		<b>10</b>
<b>Winter</b>		
FCS 4352	Community Nutrition	3
FCS 4899	FCS Senior Capstone	3
<b>Credits</b>		<b>6</b>
<b>Spring</b>		
FCS 4310	Sports and Exercise Nutrition	3
FCS 4367	Experimental Foods	5
<b>Credits</b>		<b>8</b>
<b>Total Credits</b>		<b>169</b>

## Notes

- Take math placement test in preparation for MAT 2360 Introduction to Statistics for the Sciences in year two.
- Apply to the major upon successful completion of CHM 1310 Survey of General Chemistry, CHM 1330 Survey of Organic Chemistry, CHM 1360 Survey of Biological Chemistry, BIO 2129 Human Anatomy and Physiology, BIO 2130 Human Anatomy and Physiology; FCS 1050 Introduction to Family and Consumer Sciences, and FCS 2365 Food Science or FCS 3340 Human Nutrition.
- Plan to meet with Faculty Advisor at least once a year to reviewing graduation progress and receiving career coaching.

## Two Year Plan

Course offerings are subject to change. Check quarter, day, and time in the current Time Schedule. Begin Program with Transfer Courses.

Code	Title	Credits
CHM 1310	Survey of General Chemistry	5
CHM 1330	Survey of Organic Chemistry	5
BIO 2129	Human Anatomy and Physiology	5
BIO 2130	Human Anatomy and Physiology	5
MAT 2360	Introduction to Statistics for the Sciences	5

Course	Title	Credits
<b>First Year</b>		
<b>Autumn</b>		
FCS 1050	Introduction to Family and Consumer Sciences	2
FCS 2365	Food Science (+ Lab)	5
FCS 3340	Human Nutrition	5
UFDN 3001	Christian Scripture for Transfer Students <sup>1</sup>	5
<b>Credits</b>		<b>17</b>

<b>Winter</b>		
FCS 3240	Individual and Family Development	5
HHP 1301	Wellness and Physical Activity	3
HHP 3570	Biomechanics	5
<b>Credits</b>		<b>13</b>

<b>Spring</b>		
FCS 3365	Nutrition and Meal Planning (+ Lab)	5
CHM 1360	Survey of Biological Chemistry (+ Lab)	5
FCS 4310	Sports and Exercise Nutrition	3
HHP 3580	Exercise Physiology	5
<b>Credits</b>		<b>18</b>

<b>Second Year</b>		
<b>Autumn</b>		
FCS 3352	Nutrition Education and Counseling	5
FCS 4340	Medical Nutrition Therapy I	5
HHP 4585	Applied Exercise Science	5
<b>Credits</b>		<b>15</b>

**Winter**

FCS 4330	Advanced Nutrition and Metabolism	5
FCS 4352	Community Nutrition	3
FCS 4370	Nutrition Research	3
UFDN 3100	Christian Theology <sup>1</sup>	5
<b>Credits</b>		<b>16</b>

**Spring**

FCS 3321	Nutrition Through the Life Cycle	3
FCS 4899	FCS Senior Capstone	3
FCS 4367	Experimental Foods	5
BIO 3351	General Microbiology (+ Lab)	5
<b>Credits</b>		<b>16</b>
<b>Total Credits</b>		<b>95</b>

<sup>1</sup> UFDN 3001 Christian Scripture for Transfer Students & UFDN 3100 Christian Theology may also be offered in the summer. Check annual time schedule for details.