

BACHELOR OF SCIENCE HEALTH PROMOTION, NUTRITION AND EXERCISE SCIENCE
Health Promotion, Nutrition & Exercise Science⁹

Effective for students admitted to the College of Education and Human Ecology beginning Summer 2016

COURSE & NUMBER	HRS	COURSE & NUMBER	HRS
UNIVERSITY REQUIREMENTS (52-54)		Foundational Science Requirements (10-13)	
Writing (6)		ANATOMY 2300.04 or ⁴ EEOB 2510	4 or 3
⁶ ENGLISH 1110.01 or 1110.02 or ¹ 1110.03	3	⁴ MICROBIO 4000	4
^{3, 5} 2 nd level Writing Course (2367)	3	PHYSIO 3200 or EEOB 2520	5 or 3
^{2, 5} Literature (3)	3		
^{2, 5} Arts (3)	3	MAJOR REQUIREMENTS (36)	
		⁸ ESWDE 5649S Teaching Adults in the Workplace	3
Math (5-7)		HUMNNTR 2295 Careers in Nutrition	1
⁶ Math Placement M or higher, MATH 1148 or Equiv	0-4	HUMNNTR 2310 Fund of Nutrition	3
MATH 1149 or 1150	3-5	HUMNNTR 3506 Nutrition Across Life Span	3
Data Analysis (3) STAT 1350 or equiv	3	⁸ HUMNNTR 3704 Pblc Hlth Nutrition	2
		⁸ HUMNNTR 4504 Nutrition Education and Behavior Change OR ⁸ KNHES 4525 Promoting Behavior Chnge in Sprt, Leisure, and Exs	3
Science (14)			
BIOLOGY 1113	4	HUMN NTR 5705 Nutr & Phys Performance	2
CHEM 1210	5	KNHES 2360 Kinesiology	4
CHEM 1220	5	⁸ KNHES 5651 Hlth Prog Plning	3
^{2, 3, 5} Historical Study (3)	3	⁸ KNHES 5652 Wrkste Hlth	3
		⁸ KNHES 5703 Hlth Beh Theory	3
Social Sciences (6)		⁸ KNHES 5704 Hlth Prog Eval	3
^{3, 8} PSYCH 1100 or ⁸ HDFS 2400	3	⁸ PUBH EPI 2410 Intro to Epi	3
SOCIOL 1101	3		
		<i>Complete courses from Group A or Group B</i>	
² Culture & Ideas or ²Historical Study (3)	3	Group A	
		CHEM 2510 and BIOCHEM 4511 OR BIOPHRM 3311 and 3312	8 or 6
Open Option (2 courses, 6 credit hours)			
Choice (recommended: ⁴ MICROBIO 4000)	3	⁸ HUMNNTR 4609 Macronutrient Metabolism	3
Choice (recommended: ⁴ EEOB 2510)	3	⁸ HUMNNTR 4610 Micronutrient Metabolism	3
		Group B	
		⁶ BIOCHEM 2210 OR CHEM 2510 and BIOCHEM 4511 OR BIOPHRM 3311 and 3312	4, 8, or 6
		KNHES 3414 Applied Exercise Physiology	4
		KNHES 5685 Adlt Exer Prog- Implementation	4
EHE 1100 (1)	1	⁷ Pre-major and Major Admission Requirements (see below)	
¹⁰ Electives (9-15)	9-15	TOTAL HOURS REQUIRED:	120

¹ English 1110.03 must be taken concurrently with English 1193.03

² Students must complete two Global Issues courses, which are typically met by selecting Literature, Art, Cultures & Ideas, or Historical Study courses that meet this requirement.

³ Students must complete one Social Diversity in the US course, which is typically met by selecting a 2nd Writing, Historical Study, or Social Science course that meets this requirement.

⁴ Recommended GE overlaps with major and can fulfill both GE and major requirement

⁵ Highlights category where overlap within the GE may occur, such as between Arts and Historical Study, Literature and Social Sciences, 2nd Writing and Social Sciences, etc.

⁶ If HUMNNRT 4609 and 4610 will be taken, students should not choose BIOCHEM 2210 as it will not meet the prerequisite.

⁷ Pre-major Admission Requirements: Minimum GPA of 2.75 after completion of 15 OSU credit hours. Major Admission Requirements: Minimum GPA of 2.75 after completion of 15 OSU credit hours. Completion of the following courses with a C- or higher: ENGLISH 1110; MATH 1148 or higher; BIOLOGY 1113; CHEM 1210 and 1220.

⁸ Completion of major requirements includes the course content required to sit for the Certified Health Education Specialist (CHES) certification examination.

⁹ Completion of the HPNES major does not meet requirements for the didactic program in dietetics

¹⁰ Take KNHES 5590 as an elective to qualify for the ACSM EXP exam

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Semester-by-Semester Guide

Effective for students admitted to the College of Education and Human Ecology beginning Summer 2016

Minimum hours required for graduation: 120

	Autumn		Spring		Summer
Year 1	MATH 1150 ENGLISH 1110.01 EHE 1100 GE Social Science: PSYCH 1100 or HDFS 2400 GE Arts	5 3 1 3 3	CHEM 1210 BIOLOGY 1113 GE Historical Study/Global Issues GE Data Analysis: STAT 1350 or 1450	5 4 3 3	
30/120		15		15	
Year 2 Apply to major March 1 for admission Autumn of Year 3	GE Open Option CHEM 1220 MOLBIOC 3311 KNHES 2360	4 5 3 4	PHYSIO 3200 HUMN NTR 2310 GE Open Option: MICROBIO 4000 MOLBIOC 3312 HUMNNTR 2295	5 3 4 3 1	
62/120		16		16	
Year 3	KNHES 5651 KNHES 3414 HUMNNTR 3506 GE Second Writing/Social Diversity Elective	3 4 3 3 2	KNHES 5491 KNHES 5685 KNHES 4525 Elective PUBHEPI 2410	1 4 3 3 3	
91/120		15		14	
Year 4	KNHES 5703 Elective KNHES 5652 ESWDE 5649S KNHES 5704	3 3 3 3 3	HUMNNTR 3704 HUMNNTR 5705 GE Literature/Global Issues GE Cultures&Ideas/Hist GE Social Science: SOCIOL 1101 Elective	2 2 3 3 3 1	
120/120		15		14	
Notes:					
<ul style="list-style-type: none"> • Courses in bold are only offered once a year in the specified term • Course term of offering is subject to change 					

BIOCHEM 4511- Prereq: Chem 1220 (123) or 1250 (125), and 2510 (252) or 2310 (231), and one semester of Biological Sciences; or permission of instructor. Not open to students with credit for 511. This course is available for EM credit.

BIOLOGY 1113- Prereq: Math 1130 (130), 1148, 1150, or above, or Math Placement Level L or M. Prereq or concur: Chem 1110 (101), 1210 (121), 1610, or 1910H (201H), or permission of course coordinator. Not open to students with credit for 113. This course is available for EM credit.

CHEM 1210- Prereq: One unit of high school chemistry, and Math Placement Level L or M; or a grade of C- or above in Math 1130 (130), 1131 (131), 1148 (148), 1150 (150), or above. This course is available for EM credit.

CHEM 1220- Prereq: 1210, 1215, 1250, 1610 (162), 1910H (202H), or 122, and Math Placement Level L or M; or a grade of C- or above in Math 1130 (130), 1131 (131), 1148 (148), or 1150 (150), or above. This course is available for EM credit.

CHEM 2510- Prereq: 1220 (123), 1620 or 1920H (203H).

ENGLISH 1110.01- Prereq: EduTL1902 (108.01) or 1902.04 (108.01), or English Placement Level 4.

HUMN NTR 2310- Prereq: Biology 1113 (113), or 1101 (101), or equiv; and Chem 1210, or 1610, or 1910H; and 1220, or 1620, or 1920H, or 1250. Not open to students with credit for 310. This course is available for EM credit.

HUMNNTR 3506- Prereq: 2310 (310) or AnimSci 3130. Not open to students with credit for 506.

HUMNNTR 3704- Prereq: 2310 (310). Not open to students with credit for 704.

HUMNNTR 4609- Prereq: C- or above in 2310 (310) or AnimSci 3130 (330); and Biochem 2210 (211 and 212) and Chem 2310 (231), or Biochem 4511 (511), or MolBIOC 3311 (311) and 3312 (312); and EEOB 2520 (232), or Physio 3101 (311) and 3102 (312), or 3200. Not open to students with credit for 610.

HUMNNTR 4610- Prereq: 4609 (610) and C- or higher in 2310; and HumnNtr, MedDiet, or AnimSci major.

HUMNNTR 5705- Prereq: 4609 (610). Not open to students with credit for 705.

KNHES 3414- Prereq: Admission to HPNES major and EEOB 2520. Another set of options includes admission to Exercise Science major; and Physio 3101 and 3102; or 3200.

KNHES 4525- Prereq: Admission to major (Exercise Science Education, Sport Industry, Human Nutrition; Health Promotion, Nutrition and Exercise Science; or Physical Education, Sport, and Physical Activity.)

KNHES 5491- Prereq: Jr standing, and proof of CPR First/AID certification. Not open to students with credit for EDU PAES 490.11.

KNHES 5685- Prereq: 3414 or EduPAES 3414. Concur: 5661.01. Not open to students with credit for EDU PAES 685.

KNHES 5703- Prereq: 5652 (EduPAES 5652 (652)) or 5651 (EduPAES 5651 (651)); or grad standing. Not open to students with credit for EDU PAES 703.

KNHES 5704- Prereq: 5652 (EduPAES 5652 (652)) or 5651 (EduPAES 651); or Grad standing.

MATH 1148- Prereq: A grade of C- or above in 1075, or credit for 104 or 148, or Math Placement Level N, or ACT math subscore of 22 or higher that is less than 2 years old,

or permission of department.

MATH 1149- Prereq: A grade of C- or above in 1148, or permission of department. This course is available for EM credit.

MATH 1150- Prereq: Math Placement Level M. This course is available for EM credit.

MICRBIO 4000- Prereq: 3 cr hrs in Biology.

EEOB 2510- Prereq: 3 sem cr hrs in Biological Sciences.

PHYSIO 3200- Prereq: 6 sem cr hrs in the Biological Sciences.

PUBHEPI 2410- Prereq: None.