

# Health Promotion, Nutrition, and Exercise Science (HPNES)

Bachelor of Science in HPNES



**THE OHIO STATE UNIVERSITY**

COLLEGE OF  
EDUCATION AND HUMAN ECOLOGY



Effective for students admitted to the College of Education and Human Ecology beginning **Autumn 2022**

<b>General Education Requirements (32-39 Hours)</b>		<b>HOURS</b>
<b>Launch Seminar</b>		<b>1</b>
<b>Reflection Seminar</b>		<b>1</b>
<b>Foundations (22-25 Hours)</b>		
<b>Writing &amp; Information Literacy</b>		<b>3</b>
<b>Mathematical &amp; Quantitative Reasoning or Data Analysis</b>		<b>3-5</b>
<b>Literary, Visual &amp; Performing Arts</b>		<b>3</b>
<b>Historical &amp; Cultural Studies</b>		<b>3</b>
<b>Natural Science</b>		<b>4-5</b>
<b>Social &amp; Behavioral Sciences</b>		<b>3</b>
<b>Race, Ethnic &amp; Gender Diversity</b>		<b>3</b>
<b>Thematic Pathways (8-12 Hours)</b>		
Take 4-6 hours from Citizenship for a Diverse & Just World and 4-6 hours from another Thematic Pathway of choice.		
<b>Citizenship for a Diverse &amp; Just World</b>		<b>4-6</b>
<b>Choice of 4-6 hours from one additional Thematic Pathway:</b>		<b>4-6</b>
Lived Environments		
Sustainability		
Health & Wellbeing		
<b>EHE 1100 College Survey</b>		<b>1</b>

Supporting Courses (23-30 Hours)	HOURS
Math Placement M or L, or MATH 1148 or higher	0-4
BIOLOGY 1113 Biological Sciences: Energy Transfer & Development (can overlap with GE Natural Science)	4
CHEM 1210 General Chemistry I	5
CHEM 1220 General Chemistry II	5
ANATOMY 2300.04 Human Anatomy (4), or EEOB 2510 Human Anatomy (3)	3-4
MICRBIO 4000.xx Basic & Practical Microbiology	3
PHYSIO 3200 Human Physiology (5), or EEOB 2520 Human Physiology (3)	3-5
Major Requirements (46-51 Hours)	HOURS
Certain Major Requirements are only offered once per year, detailed on Page 3.	
Major Core	35-36
ESWDE 5649S Teaching Adults in the Workplace	3
HUMNNTR 2295 Careers in Nutrition	1
HUMNNTR 2410 Science of Human Nutrition (4) or HUMNNTR 2210 (transfer equivalent only) (3)	3-4
HUMNNTR 3506 Nutrition Across the Life Span	3
HUMNNTR 3704 Public Health Nutrition	2
HUMNNTR 4504 Nutrition Education & Behavior Change, or KNHES 4525 Promoting Behavior Change in Sport, Leisure, & Exercise	3
HUMNNTR 5705 Nutrition & Physical Performance	2
KNHES 2360 Introduction to Exercise Science	3
KNHES 5651 Health Program Planning	3
KNHES 5652 Worksite Health Promotion	3
KNHES 5703 Health Behavior Theory	3
KNHES 5704 Health Program Evaluation	3
PUBHEPI 2410 Introduction to Epidemiology	3
Complete either Group A or Group B	
Group A	12-14
CHEM 2510 Organic Chemistry I (4) <b>and</b> BIOCHEM 4511 Introduction to Biological Chemistry (4), or BIOPHRM 3311 Fundamentals of Medical Biochemistry I (3) <b>and</b> BIOPHRM 3312 Fundamentals of Medical Biochemistry & Molecular Biology II (3)	6-8
HUMNNTR 4609 Macronutrients	3
HUMNNTR 4610 Micronutrients & Phytochemicals	3
Group B	Listed on Page 3

Group B		11-15
BIOCHEM 2210 Elements of Biochemistry (4), or CHEM 2510 Organic Chemistry I (4) <b>and</b> BIOCHEM 4511 Introduction to Biological Chemistry (4), or BIOPHRM 3311 Fundamentals of Medical Biochemistry I (3) <b>and</b> BIOPHRM 3312 Fundamentals of Medical Biochemistry & Molecular Biology II (3)		4-8
KNHES 3414 Physiological Systems in Human Performance		3
KNHES 5685 Adult Exercise Programming-Implementation		4
HPNES requirements include the course content required to sit for the Certified Health Education Specialist (CHES) certification exam.		
<p><b>Total Hours: 98-121</b></p> <p><b>Free Electives to reach 120 Hours: 0-21</b></p> <p>Minimum of 120 credit hours required for degree completion. Total Hours range is based on requirement course choices and/or the number of credits that overlap between requirement areas. Students are encouraged to overlap as many credits as possible.</p>		
<p>Certain Major Requirements are typically only offered once per year. A tentative list is below, subject to change. Students should regularly confirm course scheduling plans with their academic advisor to ensure they are remaining on track to graduate.</p>		
<p>Courses typically only offered in <b>Autumn Semesters:</b></p> <p>KNHES 3414 KNHES 4525 KNHES 5651 KNHES 5703 HUMNNTR 3704 BIOCHEM 2210 BIOPHRM 3311</p>	<p>Courses typically only offered in <b>Spring Semesters:</b></p> <p>KNHES 2360 KNHES 5652 KNHES 5704 KNHES 5685 HUMNNTR 2295 HUMNNTR 5705 BIOPHRM 3312</p>	