

# NUTRITION OPTION, B.SC. - HUMAN NUTRITIONAL SCIENCES

## Progression Plan

### Suggested Progression of Program: Nutrition Option

Course	Title	Hours
<b>Year 1</b>		
HNSC 1200	Food: Facts and Fallacies	3
HNSC 1210	Nutrition for Health and Changing Lifestyles	3
AGRI 1600	Introduction to Agrifood Systems	3
One of the following:		3
BIOL 1410	Anatomy of the Human Body (or)	
BIOL 1020 & BIOL 1030	Biology 1: Principles and Themes and Biology 2: Biological Diversity, Function and Interactions	
BIOL 1412	Physiology of the Human Body	3
CHEM 1100	Introductory Chemistry 1: Atomic and Molecular Structure and Energetics	3
CHEM 1110 or CHEM 1130	Introductory Chemistry 2: Interaction, Reactivity, and Chemical Properties or Introduction to Organic Chemistry	3
PSYC 1200 or SOC 1000	Introduction to Psychology or Introduction to Sociology	6
Free Elective(s) - credit hours (0-6) depend on selections above		3
<b>Hours</b>		<b>30</b>
<b>Year 2</b>		
HNSC 2000	Research Methods and Presentation	3
HNSC 2130	Nutrition Through the Life Cycle	3
HNSC 2140	Basic Principles of Human Nutrition	3
HNSC 2150	Composition, Functional and Nutritional Properties of Foods	3
HNSC 2160	Principles of Food Preparation and Preservation	3
AGRI 2400	Experimental Methods in Agricultural and Food Sciences	3
CHEM/MBIO 2730	Elements of Biochemistry 1	3
CHEM 2740	Introduction to the Biochemistry Laboratory	3
CHEM/MBIO 2750	Elements of Biochemistry 2	3
HEAL 2600	Integration of Health Determinants of Individuals	3
<b>Hours</b>		<b>30</b>
<b>Year 3</b>		
HNSC 3220	Food and Nutrition Literacy Education	3
HNSC 3300	Vitamins and Minerals in Human Health	3
HNSC 3310	Macronutrients and Human Health	3
FOOD 4150	Food Microbiology 1	3
HEAL 3000	Introduction to Social Epidemiology	3
Restricted Electives		6

Free Electives		9
<b>Hours</b>		<b>30</b>
<b>Year 4</b>		
HNSC 4100	Current Issues in Food and Human Nutrition	3
HNSC 4300 or HNSC 4500	Community Nutrition Intervention or Clinical Nutrition I	3
Restricted Electives		15
Free Electives		9
<b>Hours</b>		<b>30</b>
<b>Total Hours</b>		<b>120</b>

### Suggested Progression of Program: Dietetics Preparation

Course	Title	Hours
<b>Year 1</b>		
HNSC 1200	Food: Facts and Fallacies	3
HNSC 1210	Nutrition for Health and Changing Lifestyles	3
AGRI 1600	Introduction to Agrifood Systems	3
One of the following:		3
BIOL 1410	Anatomy of the Human Body (or)	
BIOL 1020 & BIOL 1030	Biology 1: Principles and Themes and Biology 2: Biological Diversity, Function and Interactions	
BIOL 1412	Physiology of the Human Body	3
CHEM 1100	Introductory Chemistry 1: Atomic and Molecular Structure and Energetics	3
CHEM 1110 or CHEM 1130	Introductory Chemistry 2: Interaction, Reactivity, and Chemical Properties or Introduction to Organic Chemistry	3
PSYC 1200 or SOC 1000	Introduction to Psychology or Introduction to Sociology	6
Free Elective(s) - credit hours (0-6) depend on selection above		3
<b>Hours</b>		<b>30</b>
<b>Year 2</b>		
HNSC 2000	Research Methods and Presentation	3
HNSC 2130	Nutrition Through the Life Cycle	3
HNSC 2140	Basic Principles of Human Nutrition	3
HNSC 2150	Composition, Functional and Nutritional Properties of Foods	3
HNSC 2160	Principles of Food Preparation and Preservation	3
ABIZ 1000 or GMGT 1010	Introduction to Agribusiness Management or Business and Society	3
AGRI 2400	Experimental Methods in Agricultural and Food Sciences	3
CHEM/MBIO 2730	Elements of Biochemistry 1	3
CHEM 2740	Introduction to the Biochemistry Laboratory	3
CHEM/MBIO 2750	Elements of Biochemistry 2	3
<b>Hours</b>		<b>30</b>
<b>Year 3</b>		
HNSC 3220	Food and Nutrition Literacy Education	3

HNSC 3300	Vitamins and Minerals in Human Health	3
HNSC 3310	Macronutrients and Human Health	3
HNSC 3342	Management for Food and Nutrition Professionals	3
HNSC 3350	Culture and Food Patterns	3
HNSC 3400	Nutrition Assessment and Counselling	3
FOOD 4150	Food Microbiology 1	3
HEAL 2600	Integration of Health Determinants of Individuals	3
HEAL 3000	Introduction to Social Epidemiology	3
Free Electives		3
<b>Hours</b>		<b>30</b>
<b>Year 4</b>		
HNSC 4100	Current Issues in Food and Human Nutrition	3
HNSC 4140	Quantity Food Production and Management	3
HNSC 4300	Community Nutrition Intervention	3
HNSC 4310 or HNSC 4340	Nutrition and the Elderly or Maternal and Child Nutrition	3
HNSC 4500	Clinical Nutrition I	3
HNSC 4550	Clinical Nutrition II	3
Restricted Electives		6
Free Electives		6
<b>Hours</b>		<b>30</b>
<b>Total Hours</b>		<b>120</b>