

DEPARTMENT OF HUMAN NUTRITION, FOOD, AND ANIMAL SCIENCES

Human Nutrition: Sports & Wellness Option Course Requirements

Name: _____

| | <u>Sem</u> | <u>Year</u> | <u>Grade</u> | <u>Credit</u> |
|---|------------|-------------|--------------|---------------|
| REQUIREMENTS | | | | |
| 1. UNIVERSITY CORE REQUIREMENTS | | | | |
| 1.1 Written Communication (FW-3 credits) | | | | |
| ___ ENG 100 | _____ | _____ | _____ | _____ |
| 1.2 Symbolic Reasoning (FS-3 credits) | | | | |
| ___ MATH 140 or higher math course | _____ | _____ | _____ | _____ |
| 1.3 Global and Multicultural Perspectives (FG- 2 courses/6 credits) | | | | |
| ___ _____ | _____ | _____ | _____ | _____ |
| ___ _____ | _____ | _____ | _____ | _____ |
| 1.4 Arts and Humanities (DA, DH, DL; 2 courses/6 credits) | | | | |
| ___ SP 151(DA) or SP 251(DA) (same as 2) | _____ | _____ | _____ | _____ |
| ___ Humanities: _____ | _____ | _____ | _____ | _____ |
| ___ Literature: _____ | _____ | _____ | _____ | _____ |
| 1.5 Natural Sciences (DB, DP, DY; 7 credits 1 of each) | | | | |
| ___ FSHN 185(DB) (same as 3) | _____ | _____ | _____ | _____ |
| ___ CHEM 161(DP) (same as 4) | _____ | _____ | _____ | _____ |
| ___ CHEM 161L(DY) (same as 4) | _____ | _____ | _____ | _____ |
| 1.6 Social Sciences (DS - 6 credits/2 courses from different Depts.) | | | | |
| ___ Social Science _____ | _____ | _____ | _____ | _____ |
| ___ Social Science _____ | _____ | _____ | _____ | _____ |
| 1.7 Manoa Focus (H,E, & O - 1 course each, W- 5 courses) | | | | |
| ___ Hawaiian/Asian& Pacific Issues (H) | _____ | _____ | _____ | _____ |
| Ethics (E), Oral Communication (O), and Writing Intensive (W) course requirements are met by courses in section 3 below | | | | |
| 2. CTAHR CORE REQUIREMENTS | | | | |
| ___ SP 151(DA) or SP 251(DA) (same as 1.4) | _____ | _____ | _____ | _____ |
| ___ NREM 310 | _____ | _____ | _____ | _____ |
| ___ FSHN 492(W) (same as 1.7 and 3) | _____ | _____ | _____ | _____ |
| 3. FSHN CORE REQUIREMENTS | | | | |
| ___ FSHN 181 | _____ | _____ | _____ | _____ |
| ___ FSHN 181L(DY) (same as 1.5) | _____ | _____ | _____ | _____ |
| ___ FSHN 185(DB) (same as 1.5) | _____ | _____ | _____ | _____ |
| ___ FSHN 350 (E), FAMR 380 / 380L (E), or BIOL 304 | _____ | _____ | _____ | _____ |
| ___ ANSC / FSHN 244 (DB) (same as 1.5)* | _____ | _____ | _____ | _____ |
| ___ FSHN 370(DB) (same as 1.5) | _____ | _____ | _____ | _____ |
| ___ FSHN 389 (W) (same as 1.7) | _____ | _____ | _____ | _____ |
| ___ FSHN 451(W) (same as 1.7) | _____ | _____ | _____ | _____ |
| ___ FSHN 452(W) (same as 1.7) | _____ | _____ | _____ | _____ |
| ___ FSHN 467(DB) (same as 1.5) | _____ | _____ | _____ | _____ |
| ___ FSHN 468(W)(DB) (same as 1.5 and 1.7) | _____ | _____ | _____ | _____ |
| ___ FSHN 469(O) | _____ | _____ | _____ | _____ |
| ___ FSHN 485(DB) (same as 1.5) | _____ | _____ | _____ | _____ |
| ___ FSHN 486(DB) (same as 1.5) | _____ | _____ | _____ | _____ |
| ___ FSHN 492(W) (same as 1.7 and 2) | _____ | _____ | _____ | _____ |

*Students interested in food science may substitute FSHN 381 for 244

REQUIREMENTS

Sem Year Grade Credit

4. FSHN REQUIRED SUPPORTING COURSES(fulfills DB, DP and DY in 1.5)

| | | | | | |
|-----|---------------------------------|-----|-----|-----|-----|
| ___ | BIOL 171(DB) | ___ | ___ | ___ | ___ |
| ___ | BIOL 171L(DY) | ___ | ___ | ___ | ___ |
| ___ | CHEM 161(DP) | ___ | ___ | ___ | ___ |
| ___ | CHEM 161L(DY) | ___ | ___ | ___ | ___ |
| ___ | CHEM 162(DP) | ___ | ___ | ___ | ___ |
| ___ | CHEM 162L(DY) | ___ | ___ | ___ | ___ |
| ___ | MICR 130(DB) | ___ | ___ | ___ | ___ |
| ___ | MICR 140(DY) | ___ | ___ | ___ | ___ |
| ___ | PHYL 141(DB) or 301(DB) | ___ | ___ | ___ | ___ |
| ___ | PHYL 141L(DY) or 301L(DB) | ___ | ___ | ___ | ___ |
| ___ | PHYL 142(DB) or 302(DB) | ___ | ___ | ___ | ___ |
| ___ | PHYL 142L(DY) or 302L(DB) | ___ | ___ | ___ | ___ |
| ___ | CHEM 272(DP) (lab not required) | ___ | ___ | ___ | ___ |
| ___ | MBBE 402(DB) or MBBE 375(DB) | ___ | ___ | ___ | ___ |

5. ADDITIONAL REQUIREMENTS FOR THE SPORTS & WELLNESS OPTION

| | | | | | |
|-----|-----------------------------|-----|-----|-----|-----|
| ___ | KLS 353 (DB) (same as 1.5) | ___ | ___ | ___ | ___ |
| ___ | KLS 354 (DB) (same as 1.5) | ___ | ___ | ___ | ___ |
| ___ | KLS 354L (DY) (same as 1.5) | ___ | ___ | ___ | ___ |
| ___ | FSHN 480 (DB) (same as 1.5) | ___ | ___ | ___ | ___ |

Overall Requirements

126 to 128 total credits; 60 credits in upper division courses (300 level and above or courses having a college-level prerequisite)

- DA = Arts
- DB = Biological Science
- DH = Humanities
- DL = literature
- DP = Physical Science
- DS = Social Sciences
- DY = Laboratory Science
- E = Contemporary Ethical Issues
- FG = Global and Multicultural Perspectives
- FS = Symbolic Reasoning
- FW = Written Communication
- H = Hawaiian, Asian, and Pacific Issues
- O = Oral Communication
- W = Writing Intensive