

EXERCISE SCIENCE AND WELLNESS - NUTRITION SCIENCE (BACHELOR OF SCIENCE)

Students majoring in Exercise Science and Wellness – Nutrition Science concentration may attain this degree by completing:

Course	Title	Credits
Jax MIX General Education Curriculum		41
Pre-Professional Courses ¹		
BY 263	Human Anatomy and Physiology I	4
BY 264	Human Anatomy and Physiology II	4
CY 106	General Chemistry II	3
CY 108	General Chemistry Laboratory II	1
FCS 122	Fundamentals of Food Preparation and Meal Management	3
FCS 215 or FCS 322	Introductory Nutrition Normal Nutrition	3
HPE 109	Concepts of Wellness	3
MS 204 or ST 260	Basic Statistics Statistics/Quantitative Methods I	3
MGT 301	Principles of Management	3
SSC 101	First Year Experience	0
SY 221	Introduction to Sociology	3
General Electives		1
Major Courses		
HPE 209	Essentials of Human Performance	3
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
HPE 440	Fitness Testing	3
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
Concentration Requirements:		
BY 283	Health Microbiology	4
FCS 323	Experimental Foods	3
FCS 325	Quantity Food Production	3
FCS 338	Community Nutrition	3
NSC 228	Career Paths in Nutrition and Dietetics	1
NSC 420	Medical Nutrition Therapy I	3
NSC 421	Medical Nutrition Therapy II	3
NSC 429	Advanced Nutritional Metabolism	3
Total Hours		120

¹ Grade of C or better required for all Pre-Professional courses, except for general electives.

Students will be classified as “ESW_NSC_Undecided” majors prior to assessment into the ESW program.

At the completion of the sophomore year, students may seek assessment into the ESW upper-level courses upon email invitation from the Kinesiology Office to attend the ESW assessment seminar.

Program candidates are only assessed twice per year during the ESW assessment seminar. Failure to attend the seminar will delay registration into upper-level courses. All of the following criteria must be met:

1. The candidate must have earned a minimum of 54 semester hours of college credit.
2. The candidate must have earned an overall grade point average of 2.50 based upon a 4.00 scale to include all HPE courses and BY 263 with a “C” or better. After assessment to the ESW upper-level courses (Nutrition Science concentration), the student is required to maintain a minimum 2.50 grade point average. In accordance with the Department of Kinesiology Grades Dismissal Policy, a student may repeat a professional course only once and may not accumulate more than three (3) grades of “D” or “F” in “professional studies” courses. In accordance with the Department of Kinesiology GPA Dismissal Policy, failure to maintain the appropriate GPA will result in dismissal from the ESW program. Reinstatement to the ESW program is at the discretion of the ESW committee.
3. The candidate must submit one (1) written recommendation (personal, professional or academic).
4. The candidate must confirm understanding of ESW curriculum requirements, along with personality, interests, and aptitudes consistent with a successful ESW career.

In addition to courses noted below, candidates for graduation must successfully complete all JSU Academic Regulations. More information about Jax MIX requirements (<https://catalog.jsu.edu/undergraduate/jax-mix-requirements/>) and Alabama Transfers equivalents (<https://catalog.jsu.edu/undergraduate/alabama-transfers-equivalents/>) can be found in their respective section of the catalog.

Freshman		Hours
Fall		
Jax MIX Communication: EH Composition sequence		3
BY 101 & BY 103	Introductory Biology I and Introductory Biology Lab I (Jax MIX Inquiry)	4
MS 112	Precalculus Algebra (or higher excluding MS 204 - Jax MIX Communication)	3
Jax MIX Experience: History		3
PSY 201	Principles of Psychology (Jax MIX Experience)	3
SSC 101	First Year Experience	0
Hours		16
Spring		
Jax MIX Communication: EH Composition sequence		3
Jax MIX Expression: Fine Arts		3
HPE 109	Concepts of Wellness ¹	3
SY 221	Introduction to Sociology ¹	3
NSC 228	Career Paths in Nutrition and Dietetics	1
Hours		13
Sophomore		
Fall		
CY 105 & CY 107	General Chemistry I and General Chemistry Laboratory I (Jax MIX Inquiry)	4
Jax MIX Experience		3
BY 263	Human Anatomy and Physiology I ¹	4

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FCS 122	Fundamentals of Food Preparation and Meal Management ¹	3
HPE 209	Essentials of Human Performance	3
Hours		17
Spring		
Jax MIX Expression		3
EH 141	Speech (Jax MIX Communication)	3
CY 106 & CY 108	General Chemistry II and General Chemistry Laboratory II ¹	4
FCS 215 or FCS 322	Introductory Nutrition ¹ or Normal Nutrition	3
MS 204 or ST 260	Basic Statistics ¹ or Statistics/Quantitative Methods I	3
Hours		16
Junior		
Fall		
Jax MIX Expression: Literature		3
BY 264	Human Anatomy and Physiology II ¹	4
FCS 338	Community Nutrition	3
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
Hours		17
Spring		
MGT 301	Principles of Management ¹	3
BY 283	Health Microbiology	4
FCS 323	Experimental Foods	3
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
Hours		16
Senior		
Fall		
PSY 222	Human Development (Jax MIX Experience)	3
FCS 325	Quantity Food Production	3
HPE 440	Fitness Testing	3
NSC 420	Medical Nutrition Therapy I	3
General Electives ¹		1
Hours		13
Spring		
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
NSC 421	Medical Nutrition Therapy II	3
NSC 429	Advanced Nutritional Metabolism	3
Hours		12
Total Hours		120

¹ Grade of C or better required for all Pre-Professional courses, except for general electives.