

Nutritional Science Pre-Health Professional & Research Option Transfer Plan

Iowa State University (ISU) and Des Moines Area Community College (DMACC)

The **Pre-Health Professional and Research Option** looks at the connection between diet and health. Majors in Nutritional Science with this option learn how diet can play a crucial role in the cause, treatment, and prevention of many diseases. A good diet is also important in maintaining normal health, growth, and development. In studying for a degree in Nutritional Science, you will gain insights into the relationship of diet, disease, and wellness. Graduates of this major are well prepared to go on to health professional schools such as medical school, pharmacy school, dental school, or other related health professional programs. Students are also prepared for nutrition research and teaching.

The courses listed below are ones that can be taken at DMACC and transferred to Iowa State University (ISU) to satisfy requirements in the Bachelor of Science degree in Nutritional Science. This transfer plan document was accurate on the date it was prepared and may not reflect subsequent changes by ISU or DMACC. For this reason, the transfer plan should not replace consultation with an Iowa State University [academic advisor](#) in the department of food science and human nutrition.

- **All courses on this plan do not need to be completed prior to transfer.** Typically, transfer students complete 1 year of remaining prerequisites at ISU followed by 2 years of upper-level coursework to earn the Bachelor of Science degree in nutritional science.
- **An emphasis on completing science sequence courses** and the prerequisites for upper level courses will best help students move through the program at the quickest pace after transfer. If you are a part-time student or cannot complete all of the suggested coursework on this plan, consider choosing the science coursework first since this begins the longest sequence of courses. (Begin with the chemistry and general biology equivalents.)
- **No more than 65 semester credit hours earned at a two-year college** can be applied to a baccalaureate degree from ISU. The university accepts up to 16 semester hours of credit earned in career-technical courses if the sending college accepts such courses toward its Associate of Art or Associate of Science degrees.
- **Plan ahead to [apply to ISU](#)** a year prior to when you anticipate starting ISU courses, complete the [Federal Financial Aid Application \(FAFSA\)](#) for financial aid options, and apply for [scholarship](#) opportunities.

ISU courses for the Nutritional Science, Pre-Health option	DMACC equivalent course/s	Notes
ENGL 150	ENG 105 Composition I	
ENGL 250	ENG 106: Composition II	
SP CM 212	SPC 101: Fund. of Oral Comm.	
LIB 160	SDV 171: Library Instruction	
MATH 140, 143 or 165	MAT 121: College Algebra MAT: 129: Precalculus MAT: 211: Calculus I	
STAT 101 or 104	MAT 157: Statistics OR MAT 162: Princ. of Business Statistics	
BIOL 211/211L BIOL 212/212L	BIO 112: Biology I BIO 113: Biology II	Must take both BIOL 112 and 113 to get credit for both ISU courses
CHEM 177/177L & CHEM 178/178L	CHM 165: General/Inorganic Chemistry I CHM 175: General/Inorganic Chemistry II	

	CHEM 331/331L and 332/332L	CHM 263: Organic Chemistry I CHM 273: Organic Chemistry II	Pre-requisite for BBMB 301 at ISU and FSHN 265
	BIOL 255/255L & BIOL 256/256L	BIO 168: Anat/Phys I BIO 173: Anat/Phys II	Must take the series of courses at DMACC to get credit for the Anatomy & Physiology series at ISU. BIOL 255/255L & BIOL 256/256L
	MICRO 201/201L	BIO 186: Microbiology	
	FSHN 167	BIO 151: Nutrition or HSC 240: Human Nutrition	
	FSHN 265: Nutrition for Active and Healthy Lifestyles	ISU only , offered spring and summer semesters	Pre-requisite to begin in the junior-level courses for this major. Consider cross-enrolling in the spring semester or taking this course online in the summer. Organic Chemistry I is a pre-requisite for this class.
	If pursuing human medicine, pharmacy, or dentistry please take these courses.	PHY 160 & 161: General Physics 1/11 OR PHY 213 & 223: Classical Physics 1/II	
	Additional ISU courses required for the major	DMACC equivalent course/s	Notes
	Humanities, 6 credits	DRA 101, HIS 112, 113, 150, or 153, LIT 101, 105, 110, or 111, MUS 100, PHI 101 or 105, REL 101 or 140	6 credits needed if students choose the College of Human Sciences, 3 credits are needed if students choose the College of Agriculture and Life Sciences
	Social Science, 3 credits	CRJ 100, ECN 120 or 130, GLS 235, JOU 110, POL 111, 121, or 145, PSY 111, 121, 251, 261, SOC 110, 115, 120	Not needed for students choosing the College of Agriculture and Life Sciences
	International Perspectives will be met with a required course in the major: FSHN 342		
	US Diversity	SOC 115: Social Problems EDU: 245 Exceptional Learner LIT 105: Children's Literature PSY 261: Human Sexuality REL 140: Religion in the US	Can be met with FSHN 463, this is an optional course at ISU

Additional notes:

- Choose elective courses to total ≥ 120 credits (transfer credits plus ISU credits) to earn the degree.
- These plans are suggestions only and may need to be adapted to meet individual needs and commitments.
- Students who have earned a cumulative GPA of 3.50 or higher at the beginning of their final term are eligible to graduate with distinction provided they have completed 60 semester credits of coursework at ISU at the time they graduate, including a minimum of 50 graded credits at ISU.

For information on course requirements, sample four-year plan, and course sequence flow chart, refer to the Iowa State University [nutritional science major page](#) webpage.

Updated 01/04/2022 based on course listings in the ISU 2022-2023 Catalog and the DMACC 2021-2022 Catalog.

Nutritional Science: Health Coach, Nutrition & Wellness Options Transfer Plan

Iowa State University (ISU) and Des Moines Area Community College (DMACC)

The Nutrition options focus on the role of nutrition and healthy eating for disease prevention and wellness with an emphasis on communication of nutrition messages to the public and community agencies and effective program planning and evaluation. Coursework prepares students for work positions in food service management, school nutrition programs, public health, non-profit, and corporate wellness programs addressing the growing public interest in nutrition, wellness, and preventative health. Students learn about the role of nutrition and healthy eating for disease prevention and wellness.

The courses listed below are ones that can be taken at DMACC and transferred to Iowa State University (ISU) to satisfy requirements in the Bachelor of Science degree in Nutritional Science. This transfer plan document was accurate on the date it was prepared and may not reflect subsequent changes by ISU or DMACC. For this reason, the transfer plan should not replace consultation with an Iowa State University [academic adviser](#) in the department of food science and human nutrition.

- **All courses on this plan do not need to be completed prior to transfer.** Typically, transfer students complete 1 year of remaining prerequisites at ISU followed by 2 years of upper-level nutrition and dietetics coursework to earn the Bachelor of Science degree in nutritional science.
- **An emphasis on completing science sequence courses** and the prerequisites for upper level courses will best help students move through the program at the quickest pace after transfer. If you are a part-time student or cannot complete all of the suggested coursework on this plan, consider choosing the science coursework first since this begins the longest sequence of courses. (Begin with the chemistry and general biology equivalents.)
- **No more than 65 semester credit hours earned at a two-year college** can be applied to a baccalaureate degree from ISU. The university accepts up to 16 semester hours of credit earned in career-technical courses if the sending college accepts such courses toward its Associate of Art or Associate of Science degrees.
- **Plan ahead to [apply to ISU](#)** a year prior to when you anticipate starting ISU courses, complete the [Federal Financial Aid Application \(FAFSA\)](#) for financial aid options, and apply for [scholarship](#) opportunities.

ISU Courses for the Nutritional Science major	DMACC Equivalent	Notes
ENGL 150	ENGL 105 Composition I	
ENGL 250	ENGL 106: Composition II	
SP CM 212	SPC 101: Fund. of Oral Comm.	
LIB 160	SDV 171: Library Instruction	
PSYC 101 or 230	PSY 111: Intro Psychology Or PSY 121: Developmental Psychology	Must take both if pursuing the Health Coach Option
SOC 134	SOC 110: Intro to Sociology	
Humanities, 3 or 6 credits	DRA 101, HIS 112, 113, 150, or 153, LIT 101, 105, 110, or 111, MUS 100, PHI 101 or 105, REL 101 or 140	3 credits needed for students in the College of Agriculture and Life sciences. 6 credits are needed for students in the College of Human Sciences

	MATH 140, 142, or 165	MAT 121, 129, or 211: College Algebra, Precalculus, or Calculus	
	STAT 101 or 104	MAT 157: Statistics OR MAT 162: Princ. of Business Statistics	
	CHEM 163/163L or CHEM 177/177L	CHM 122: Introduction to General Chemistry and Lab OR CHM 165: General/Inorganic Chemistry I	
	BIOL 211/211L BIOL 212/212L	BIO 112: Biology I BIO 113: Biology II	Must take both BIOL 112 and 113 to get credit for both ISU courses
	BIOL 255/255L & BIOL 256/256L	BIO 168: Anat/Phys I BIO 173: Anat/Phys II	Must take the series of courses at DMACC to get credit for the Anatomy & Physiology series at ISU. BIOL 255/255L & BIOL 256/256L
	MICRO 201/201L	BIO 186: Microbiology	
	FSHN 167	BIO 151: Nutrition or HSC 240: Human Nutrition	
	International Perspectives and US Diversity requirements will be met with required courses in the major. FSHN 342 and FSHN 463		

Students will choose ONE of the options below to complete their major requirements. Take only the courses, which apply to your preferred option.

	Health Coach Option		
	KIN 258	PEA 144: Physical Fitness/Conditioning	
	PSYC 101 or 230	PSY 111: Intro Psychology Or PSY 121: Developmental Psychology	Must take both if pursuing the Health Coach Option
	Nutrition & Wellness Option		
	10-18 credits of electives needed, 9 hrs. must be at the 300-400 level.		

Additional notes:

- Choose elective courses to total ≥ 120 credits (transfer credits plus ISU credits) to earn the degree.
- These plans are suggestions only and may need to be adapted to meet individual needs and commitments.
- Students who have earned a cumulative GPA of 3.50 or higher at the beginning of their final term are eligible to graduate with distinction provided they have completed 60 semester credits of coursework at ISU at the time they graduate, including a minimum of 50 graded credits at ISU.

For information on course requirements, sample four-year plan, and course sequence flow chart, refer to the Iowa State University [nutritional science major page](#) webpage.

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