

# Diet & Exercise Transfer Plan

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

[Diet and exercise is a program](#) for students interested in earning concurrent bachelor's and master's degrees focused on diet and exercise. Students are admitted to the university as pre-diet and exercise students and must apply for graduate admission at the beginning of the junior year and be accepted into the master's program. The program is designed so you can earn both a bachelor's and master's degree in five years as well as qualifying yourself to pursue a Registered Dietitian credential.

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 Dietetics. 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 3 years of upper-level nutrition and dietetics coursework to earn the Bachelor of Science degree and a Master of Science degree in diet and exercise.
- **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.

	Pre-Requisite Courses for Diet and Exercise Program	DMACC Equivalent	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	
	PSYCH 101	PSY 111: Intro Psych	
	PSYCH 230	PSY 121: Developmental Psychology	
	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 212	BIO 112: Biology I OR BIO 112 and 113 sequence: BIO I & II	Students only need BIO 112, but if they take both 112 and 113, they will get credit for ISU's BIOL 211/211L & BIOL 212/212L
	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.
	MICRO 201	BIO 186: Microbiology	
	CHEM 163/163L OR CHEM 177/177L & CHEM 178/178L	CHM 122: Introduction to General Chemistry and Lab <b>OR</b>	

		CHM 165: General/Inorganic Chemistry I, CHM 175: General/Inorganic Chemistry II	
	CHEM 231/231L	CHM 263: Organic Chemistry I	Pre-requisite at DMACC is both CHM 165 and CHM 175
	PHYS 131	PHY 160: General Physics I	
	FSHN 167	BIO 151: Nutrition or HSC 240: Human Nutrition	
	H S 110	PEH 102: Health	
	KIN 258	PEA 144: Physical Fitness and Conditioning	
	<b>ISU Only Pre-Requisite Courses</b>	<b>No DMACC equivalent</b>	<b>Notes</b>
	FSHN 110: Professional and Educational Preparation	<b>ISU only</b> , offered fall and spring semesters	
	BBMB 301: Survey of Biochemistry	<b>ISU only</b> , offered fall, spring, and summer semesters	Pre-requisite is Organic Chemistry
	FSHN 214: Scientific Study of Food FSHN 115 or 215: Food Prep Lab	<b>ISU only</b> , offered fall and spring semesters	The pre-requisite for these courses is organic chemistry.
	FSHN 265: Nutrition for Active and Healthy Lifestyles	<b>ISU only</b> , offered spring and summer semesters	Must take FSHN 265 either spring or online during the summer as a pre-requisite to FSHN 360 which is only offered in the fall
	FSHN 360: Advanced Human Nutrition and Metabolism	<b>ISU only</b> , fall semester only	
	<b>Additional ISU courses required for the major</b>	<b>DMACC equivalent course/s</b>	<b>Notes</b>
	Ethics Course	PHI 105: Introduction to Ethics	Course will count for both Humanities and Ethics requirements
	Humanities, 6 credits	DRA 101, HIS 110, 111, 150, or 153, LIT 101, 105, 110, or 111, MUS 100, PHI 101 or 105, REL 101 or 140	If you choose a course on this list AND the International Perspective list below, it will count in both places.
	A TR 220	PET 110: Introduction to Athletic Training	
	KIN 259	PEH 265: Leadership Tech for Fitness Programs	
	HSP M 380/380L	HCM 167: Culinary Skills Development HCM 210: Dining Management	Must take both courses to get credit for this course at ISU
	<b>International Perspectives</b>	ANT 105 or 110, FLA 142, 241, or 242, FLC 142, 241, or 242, FLF 152, 241, or 242, FLG 142, 241, or 242, FLS 152, 241, or 242, GLS 235, POL 121 or 125, REL 101	If you choose a course on this list <b>AND</b> the Humanities list above, it will count in both places.
	<b>US Diversity</b> requirement will be met with a required course in the major. FSHN 463		

**Additional notes:**

- Choose elective courses to total  $\geq 120$  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, admissions requirements for the master's degree, sample five-year plan, and course sequence flow chart, refer to the Iowa State University [diet and exercise program](#) webpage.

*Updated 05/25/2022 based on course listings in the ISU 2022-2023 Catalog and the DMACC 2021-2022 Catalog.*