

# Nutritional Science Pre-Health Professional & Research Option Transfer Plan

## Iowa State University (ISU) and Western Iowa Tech Community College (WITCC)

The [Nutritional Science: 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. 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 can be taken at WITCC 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 WITCC. 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 prerequisite courses 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 major	WITCC equivalent course/s	Notes
	ENGL 150	ENG 105: Composition I	
	ENGL 250	ENG 106: Composition II	
	SP CM 212	SPC 112: Public Speaking	
	MATH 140 <b>OR</b> MATH 143 <b>OR</b> MATH 160 <b>OR</b> MATH 165 <b>OR</b> MATH 165 <b>AND</b> 166	MAT 121: College Algebra <b>OR</b> MAT 129: Precalculus <b>OR</b> MAT 201: Applied Calculus <b>OR</b> MAT 211: Calculus I <b>AND</b> MAT 217: Calculus II	No equivalent course for MATH 160. Both MATH 165 and 166 may be required for some pre-health professional programs.
	STAT 101 <b>OR</b> STAT 104	MAT 157: Statistics MAT 156: Statistics	
	CHEM 177/177L <b>AND</b> CHEM 178/178L	CHM 166: General Chemistry I + Lab <b>AND</b> CHM 176: General Chemistry II + Lab	
	CHEM 231/231L <b>OR</b> 331/331L (If pursuing human medicine, pharmacy, or dentistry select 331/331L and 332/332L)	CHM 132: Intro to Organic and Biochemistry + Lab <b>OR</b> CHM 261: Organic Chemistry I + Lab <b>AND</b> CHM 271: Organic Chemistry II + Lab (if pursuing medicine, pharmacy or dentistry)	Pre-requisite for ISU's BBMB and FSHN 265. CHM 261 alone transfers as a 300-level chemistry course and satisfies the CHEM 231/231L requirements. CHEM 261 and 271 must both be taken to meet requirements for CHEM 331 and 332.

	BIOL 211/211L <b>AND</b> BIOL 212/212L	BIO 116: General Biology IB <b>AND</b> BIO 117: General Biology IIB	Must take both BIO 116 and 117 to get credit for BIOL 211/211L and 212/212L. Students may wait to take it at ISU.
	BIOL 255/255L <b>AND</b> BIOL 256/256L <b>OR</b> BIO 335	BIO 168: Human Anatomy and Physiology I <b>AND</b> BIO 173: Human Anatomy and Physiology II -	Must take both BIO 168 and 173 to get credit for BIOL 255/255L & 256/256L. Students may wait to take it at ISU. No equivalent course for BIO 335.
	MICRO 201/201L <b>OR</b> MICRO 302/302L	BIO 186: Microbiology + Lab -	No equivalent course for MICRO 302/302L.
	FSHN 167	BIO 151: Nutrition	
	FSHN 265	-	<b>No equivalent course, 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. Organic Chemistry pre-requisite.
	If pursuing human medicine, pharmacy, or dentistry take these courses: PHYS 131/131L <b>OR</b> 231/231L, <b>AND</b> PHYS 132/132L <b>OR</b> 232/232L	PHY 162: College Physics I + Lab <b>AND</b> PHY 172: College Physics II + Lab <b>OR</b> PHY 212: Classical Physics I + Lab <b>AND</b> PHY 222: Classical Physics II + Lab	
	<b>Additional courses for the major</b>	<b>WITCC equivalent course/s</b>	<b>Notes</b>
	<b>International Perspectives</b>	-	3 credits. <i>Requirement will be met with a course in the major (FSHN 342).</i>
	<b>US Diversity</b>	PSY 261 / LIT 105 / FIN 121 / SOC 115	3 credits. <i>Can be met with FSHN 463, this is an optional course for this major at ISU.</i>
	<b>Humanities</b>	ART 203, 204 / DRA 101 / HIS 110, 111, 151, 152 / LIT 105 / MUS 100 / PHI 101, 105 / REL 101 / LIT 101, 110, 111, 140, 141	6 credits needed for students choosing CHS*. 3 credits needed for students choosing CALS*. Must be from ISU's <u>approved Humanities list</u> .
	<b>Social Science</b>	CRJ 100, 200, 201 / ECN 120, 130 / MMS 101 / POL 111, 121, 125 / PSY 111, 121, 251, 261 / EDU 240 / SOC 110, 115, 120	3 credits. Must be from ISU's <u>approved Social Sciences list</u>
	<b>Humanities or Social Science</b>	ART 203, 204 / DRA 101 / HIS 110, 111, 151, 152 / LIT 105 / MUS 100 / PHI 101, 105 / REL 101 / LIT 101, 110, 111, 140, 141 <b>OR</b> CRJ 100, 200, 201 / ECN 120, 130 / MMS 101 / POL 111, 121, 125 / PSY 111, 121, 251, 261 / EDU 240 / SOC 110, 115, 120	3 credits needed for students choosing CHS (no additional credits for CALS students)*. Must be from ISU's <u>approved Humanities list</u> or <u>approved Social Sciences list</u>

\*CHS: College of Human Sciences; CALS: College of Agriculture & Life Sciences

#### Additional notes:

- A minimum of 120 credits are required to earn the Bachelor of Science degree in Nutritional Science. Students may choose electives beyond the requirements for the major to reach that total if needed.
- 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](#).

*Updated 2023 based on course listings in the ISU 2023-2024 Catalog and [ISU's Course Equivalency Guide](#).*

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

## Iowa State University (ISU) and Western Iowa Tech Community College (WITCC)

The [Nutritional Science: Health Coach or Nutrition & Wellness 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 WITCC 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 WITCC. 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 prerequisite courses 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 major	WITCC equivalent course/s	Notes
	ENGL 150	ENG 105: Composition I	
	ENGL 250	ENG 106: Composition II	
	SP CM 212	SPC 112: Public Speaking	
	PSYCH 101 <b>AND/OR</b> PSYCH 230	PSY 111: Introduction to Psychology <b>AND/OR</b> PSY 121: Developmental Psychology	Must take both PSYC 101 <b>AND</b> 230 if pursuing the Health Coach Option.
	SOC 134	SOC 110: Introduction to Sociology	
	MATH 140 <b>OR</b> MATH 143 <b>OR</b> MATH 160 <b>OR</b> MATH 165	MAT 121: College Algebra <b>OR</b> MAT 129: Precalculus <b>OR</b> MAT 201: Applied Calculus <b>OR</b> MAT 211: Calculus I	
	STAT 101 <b>OR</b> STAT 104	MAT 157: Statistics MAT 156: Statistics	
	CHEM 163/163L <b>OR</b> CHEM 177/177L	CHM 122: Introduction to General Chemistry + Lab <b>OR</b> CHM 166: General Chemistry I + Lab	
	BIOL 211/211L <b>AND</b> BIOL 212/212L	BIO 116: General Biology IB <b>AND</b> BIO 117: General Biology IIB	Must take both BIO 116 and 117 to get credit for BIOL 211/211L and 212/212L. Students may wait to take it at ISU.

	BIOL 255/255L <b>AND</b> BIOL 256/256L <b>OR</b> BIO 335	BIO 168: Human Anatomy and Physiology I <b>AND</b> BIO 173: Human Anatomy and Physiology II -	Must take both BIO 168 and 173 to get credit for BIOL 255/255L & 256/256L. Students may wait to take it at ISU. No equivalent course for BIO 335.
	MICRO 201/201L	BIO 186: Microbiology + Lab	
	FSHN 167	BIO 151: Nutrition	
	<b>Additional courses for the major</b>	<b>WITCC equivalent course/s</b>	<b>Notes</b>
	<b>International Perspectives</b>	-	3 credits. <i>Requirement will be met with a course in the major (FSHN 342).</i>
	<b>US Diversity</b>	-	3 credits. <i>Requirement will be met with a course in the major (FSHN 463)</i>
	<b>Humanities</b>	ART 203, 204 / DRA 101 / HIS 110, 111, 151, 152 / LIT 105 / MUS 100 / PHI 101, 105 / REL 101 / LIT 101, 110, 111, 140, 141	6 credits needed for students choosing CHS*. 3 credits needed for students choosing CALS*. Must be from ISU's <u>approved Humanities list</u> .

\*CHS: College of Human Sciences; CALS: College of Agriculture & Life Sciences

**Student must choose ONE of two tracks as part of this major: Health Coach or Nutrition and Wellness. Additional courses required for each option are listed on the [Nutritional Science Catalog Requirements](#). Take only the courses which apply to your preferred option.**

**Additional notes:**

- A minimum of 120 credits are required to earn the Bachelor of Science degree in Nutritional Science. Students may choose electives beyond the requirements for the major to reach that total if needed.
- 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 2023 based on course listings in the ISU 2023-2024 Catalog and [ISU's Course Equivalency Guide](#).*