

Iowa State University (ISU) Diet and Exercise Transfer Plan

[Diet and Exercise](#) is a program for students interested in earning concurrent bachelor's and master's degrees focused on nutrition and physical fitness. Students are admitted to the university as pre-diet and exercise students and must apply for admission to the graduate portion of the program at the beginning of the junior year. The program is designed for students to earn both bachelor's and master's degrees in five years as well as qualify to pursue an accredited dietetic internship and then take the national exam to become a Registered Dietitian Nutritionist.

The courses listed on this plan may be taken at the community college and transferred to Iowa State University (ISU) to satisfy requirements within the Diet and Exercise program. This transfer plan document was accurate on the date it was prepared and may not reflect subsequent changes by ISU or the community college. For this reason, the transfer plan should not replace consultation with an Iowa State University [academic advisor](#).

- **All courses on this plan do not need to be completed prior to transfer.** Often, transfer students complete 1 year at the community college followed by 4 years at ISU to complete coursework in the timeliest manner and earn the Bachelor of Science and Master of Science concurrent degrees 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 Arts 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.

Additional notes:

- A minimum of 120 credits are required to earn the Bachelor of Science degree in Diet and Exercise and 36-40 credits required for the Master of Science degree.
- This plan is a suggestion only and may need to be adapted to meet individual needs and commitments.

For information on course requirements, sample five-year plan, and course sequence flow chart, refer to the Iowa State University [Diet and Exercise](#) webpage.

Recommended Courses to take at Community College

Sequence may be adjusted if some courses are already completed.

Find equivalent course on the [Course Equivalency Guide](https://www.iastate.edu/course-equivalency-guides). <https://www.iastate.edu/course-equivalency-guides>

If a course is not the exact same number, check with an [academic advisor](#) at ISU.

(ISU recently changed from 3- to 4-digit course numbers. For example: CHEM 163 is now CHEM 1630.)

Year 1

Fall Semester			Spring Semester		
ISU		Community College	ISU		Community College
CHEM 1630/1630L or CHEM 1770/1770L, College or General Chemistry I and Laboratory	5	Course Equivalency Guide	FSHN 1670, Introductory Human Nutrition and Health	3	Course Equivalency Guide
ENGL 1500, Critical Thinking & Communication	3	Course Equivalency Guide	ENGL 2500, Written, Oral, Visual Electronic Composition	3	Course Equivalency Guide
LIB 1600, Intro. to College. Level Research (if equivalent offered)	1	Course Equivalency Guide	HS 1100, Personal and Consumer Health (if equivalent offered)	3	Course Equivalency Guide
Math 1400, 1430, 1600, or 1650, Math course – College Algebra or above	3	Course Equivalency Guide	STAT 1010 or 1040, Statistics course	3-4	Course Equivalency Guide
PSYCH 1010, Introduction to Psychology	3	Course Equivalency Guide	SPCM 2120, Fundamentals of Public Speaking	3	Course Equivalency Guide
ATR 2200, Basic Athletic Training (if equivalent offered)	2	Course Equivalency Guide	KIN 2580, Physical Fitness and Conditioning (if equivalent offered)	2	Course Equivalency Guide
Total	17		Total	17-18	

Important advising note:

The concurrent BS/MS in Diet and Exercise is an accelerated program, which means students move through the course sequence at a faster pace than a typical undergraduate program followed by a traditional master's degree. For this reason, course sequencing is very specific. Students are encouraged to transfer to Iowa State University after one year of courses (starting at ISU fall semester of the second year) to finish coursework according to the typical timeline. Second year suggested coursework is on the subsequent page. If sufficient equivalents are offered at the community college during the second year, then it may be possible to complete these additional semesters at the community college. Consultation with an [ISU academic advisor](#) is highly encouraged.

Year 2

Fall Semester			Spring Semester		
ISU		Community College	ISU		Community College
BIOL 2550/BIOL 2550L** , Fundamentals of Human Anatomy	4	**Generally, both Anatomy and Physiology must be completed at the same institution for both courses to transfer. Course Equivalency Guide	BIOL 2560/2560L** , Fundamentals of Human Physiology	4	**Generally, both Anatomy and Physiology must be completed at the same institution for both courses to transfer. Course Equivalency Guide
CHEM 2310/2310L or 3310/3310L , Elementary Organic Chemistry or Organic Chemistry I and Laboratory	4	Course Equivalency Guide	PHYS 1150 or 1310 , Physics	4	Course Equivalency Guide
KIN 2590 , Leadership Techniques for Fitness	3	Course Equivalency Guide	PHIL 2300 or PHIL 2350 , Humanities/Ethics course Other courses may count as Humanities/Ethics, so check with an academic advisor at ISU if you have taken or wish to take a course that you believe may fulfill this requirement.	3	Course Equivalency Guide
MICRO 2010/2010L , Microbiology with Lab	3	Course Equivalency Guide . If a microbiology course is offered, but not the exact same number, check with an academic advisor at ISU as it may be substituted.	RELIG 2050 , Humanities/International Perspectives course Other courses may count as Humanities/International Perspectives, so check with an academic advisor at ISU if you have taken or wish to take a course that you believe may fulfill this requirement.	3	Course Equivalency Guide
HSPM 1330 , Food Safety Certification (if equivalent offered)	1	Course Equivalency Guide			
Total	15		Total	14	

Plan for online summer courses through ISU after year two, including: FSHN 2650 and BBMB 3010 (prerequisites to upper-level courses). Or, contact an ISU academic advisor to plan a transfer to ISU the previous Fall or Spring, and then focus on gaining work experience in the summers.

FSHN 2650 , Nutrition for Active and Healthy Lifestyles	3 credits
BBMB 3010 , Survey of Biochemistry	3 credits