

# Bachelor of Science in Human Nutrition Degree

2022-23

## Course Sequence

### Fall Term

### Winter Term

#### Year 1

- |   |                                  |   |                                 |
|---|----------------------------------|---|---------------------------------|
| <input type="checkbox"/> <b>HNU 142</b> | Introduction to Food & Nutrition | <input type="checkbox"/> <b>HNU 145</b> | Introduction to Foods           |
| <input type="checkbox"/> CHEM 101       | Chemistry                        | <input type="checkbox"/> CHEM 102       | Chemistry                       |
| <input type="checkbox"/> BIOL 111       | Introductory Cell Biology        | <input type="checkbox"/> BIOL 215       | Microbiology in Human Nutrition |
| <input type="checkbox"/> _____          | 6 credits Arts X .....           |   |                                 |
| <input type="checkbox"/> _____          | 6 credits Arts Y.....            |   |                                 |

#### Year 2

- |   |                                  |   |   |
|---|----------------------------------|---|---|
| <input type="checkbox"/> <b>HNU 146</b> | Introduction to Food Science     | <input type="checkbox"/> _____          | Elective (open)                             |
| <input type="checkbox"/> <b>HNU 242</b> | Foundations of Nutrition Science | <input type="checkbox"/> <b>HNU 262</b> | Principles of Nutrition in Human Metabolism |
| <input type="checkbox"/> BIOL 251       | Human Anatomy & Physiology I     | <input type="checkbox"/> BIOL 252       | Human Anatomy & Physiology II               |
| <input type="checkbox"/> CHEM 225       | Organic Chemistry                | <input type="checkbox"/> CHEM 255       | Introductory Biochemistry                   |
| <input type="checkbox"/> STAT 101       | Elementary Statistics            | <input type="checkbox"/> BSAD 102       | Business Decision Making                    |

#### Year 3

- |   |   |   |                     |
|---|---|---|---------------------|
| <input type="checkbox"/> <b>HNU 351</b> | Nutritional Assessment  | <input type="checkbox"/> <b>HNU 365</b> | Community Nutrition |
| <input type="checkbox"/> <b>HNU 384</b> | Research Methods: Theory & Design                                     | <input type="checkbox"/> HNU _____      | Elective            |
| <input type="checkbox"/> HNU _____      | Elective  | <input type="checkbox"/> HNU _____      | Elective            |
| <input type="checkbox"/> HNU _____      | Elective  | <input type="checkbox"/> _____          | Elective (open)     |
| <input type="checkbox"/> _____          | 6 credits Arts X for a pair (12 credits in one Arts discipline) ..... |   |                     |

#### Year 4

- |   |                   |   |                  |
|---|-------------------|---|------------------|
| <input type="checkbox"/> <b>HNU 405</b> | Food Availability | <input type="checkbox"/> <b>HNU 475</b> | Effecting Change |
| <input type="checkbox"/> HNU _____      | Elective          | <input type="checkbox"/> HNU _____      | Elective         |
| <input type="checkbox"/> HNU _____      | Elective          | <input type="checkbox"/> HNU _____      | Elective         |
| <input type="checkbox"/> _____          | Elective (open)   | <input type="checkbox"/> _____          | Elective (open)  |
| <input type="checkbox"/> _____          | Elective (open)   | <input type="checkbox"/> _____          | Elective (open)  |

**Note: Required HNU courses for the degree are in bold.**

The BSc HNU degree offers **24 credits in HNU electives** and **18 credits open electives** to enable students to broaden their education and pursue non-dietetic career options. HNU students may tailor their degree to prepare for Bachelor of Education programs (e.g. Family Studies), health promotion, a business and entrepreneurial focus, food industry and product development, health service administration, public health inspection, international/global nutrition and development, community health and epidemiology, and other health professional careers (*medicine, pharmacy, dentistry, speech language and occupational therapy*). Please see the **Departmental website** [stfx.ca/nutrition](http://stfx.ca/nutrition) and your **Academic Advisor** for more information.

**Co-op Education** is available with any BSc HNU degree! Apply in year 2. For more info go to [stfx.ca/nutrition](http://stfx.ca/nutrition)

**Note:** Specific advising sheets are also available for **dietetics, pre-medical studies, pre-education studies, 5<sup>th</sup> year BSc HKIN and entrepreneurship in food & health** at <http://www2.mystfx.ca/human-nutrition/degree-programs>

## Honours & Advanced Major Degrees in Human Nutrition

The normal sequence for the **BSc in HNU with Advanced Major** is identical to **B.Sc. in HNU Major** with the addition of HNU 491: Advanced Major and Honours Seminar in year 4. **The BSc in HNU with Honours** requires **HNU 485: Research Methods: Application & Analysis in year 3; HNU 491, HNU 493** (a 6-credit thesis course) **in year 4**; and a minimum of 18 credits in HNU electives at the 300 level or higher. There are only 12 credits of open electives in the honours degree.

### Year 3 Honours

- |                                    |   |   |   |
|------------------------------------|---|---|---|
| <input type="checkbox"/> HNU 351   | Nutritional Assessment  | <input type="checkbox"/> HNU 365        | Community Nutrition                                 |
| <input type="checkbox"/> HNU 384   | Research Methods: Theory & Design                             | <input type="checkbox"/> <b>HNU 485</b> | <b>Research Methods: Application &amp; Analysis</b> |
| <input type="checkbox"/> HNU _____ | Elective  | <input type="checkbox"/> HNU _____      | Elective  |
| <input type="checkbox"/> HNU _____ | Elective  | <input type="checkbox"/> _____          | Elective (open)                                     |
| <input type="checkbox"/> _____     | 6 credits Arts X for pair (12 credits in one discipline)..... |   |   |

### Year 4 Honours (Note: Register in HNU 491 Seminar for the full academic year)

- |   |                       |   |                       |
|---|-----------------------|---|-----------------------|
| <input type="checkbox"/> HNU 405        | Food Availability     | <input type="checkbox"/> HNU 475        | Effecting Change      |
| <input type="checkbox"/> <b>HNU 493</b> | <b>Honours Thesis</b> | <input type="checkbox"/> <b>HNU 493</b> | <b>Honours Thesis</b> |
| <input type="checkbox"/> HNU _____      | Elective              | <input type="checkbox"/> HNU _____      | Elective              |
| <input type="checkbox"/> HNU _____      | Elective              | <input type="checkbox"/> HNU _____      | Elective              |
| <input type="checkbox"/> _____          | Elective (open)       | <input type="checkbox"/> _____          | Elective (open)       |

**Note: OPEN electives** may also be used to take Human Nutrition elective courses.

## Human Nutrition Electives<sup>#</sup>

### Fall Term:

		<b>HNU Prerequisite</b>
HNU 328	Functional Foods	<i>CHEM 255/STATS 101</i>
HNU 352	Nutrition in Chronic Disease Prevention & Management	HNU 225/35
HNU 356 I	Introduction to Food Service & Quantity Food Production (with lab)	HNU 262
HNU 366	Maternal and Child Nutrition	HNU 262
HNU 461	Nutrition in Metabolic Disease	HNU 351

### Winter Term:

HNU 225	Foundations of Professional Practice (with lab)	HNU 242
HNU 363	Sport Nutrition	HNU 262
HLTH 301/HNU 421	Global Health/Food & Nutrition for Global Health Equity	--
HNU 425	Nutrition in Aging	HNU 262
HNU 433/NURS 433	Introduction to Policy for Health Interdisciplinary Strategies	--
HNU 445	Food Product Development (with lab)	HNU 146
HNU 452	Clinical Nutrition	HNU 352
HNU 456	Food Service System Management	HNU 356
HNU 485	Research Methods: Application & Analysis	HNU 385
BSAD 356/HNU 471	Entrepreneurship/New Venture Development	<i>BSAD 102</i>

<sup>#</sup>Students should confirm course availability and term selection with the Office of the Registrar, prior to registration.

**Note:** The normal sequence for meeting requirements for application to Partnership for Dietetic Education & Practice (PDEP) approved practicum programs (either the StFX Integrated Dietetic Internship (IDI) program or a Graduate practicum program and/or Masters with dietetic practicum programs in Canada) is identical to B.Sc. in HNU Major, Advanced Major or Honours degree patterns with the selection of HNU 225(325), 352, 354(353), 356, 454, 456 and 485 as HNU electives.