

Bachelor of Science in Human Nutrition Degree

2019-20

Course Sequence

Fall Term

Winter Term

Year 1

- | | | | |
|-----------------------------------|-----------------------------------|-----------------------------------|---------------------------------|
| <input type="checkbox"/> HNU 161 | Introduction to Food & Nutrition* | <input type="checkbox"/> HNU 145 | 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"/> HNU 146 | Introduction to Food Science | <input type="checkbox"/> HNU 235 | Communications |
| <input type="checkbox"/> HNU 261 | Foundations of Nutrition Science* | <input type="checkbox"/> HNU 262 | 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"/> HNU 351 | Nutritional Assessment | <input type="checkbox"/> HNU 365 | Community Nutrition |
| <input type="checkbox"/> HNU 384 | 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"/> HNU 405 | Food Availability | <input type="checkbox"/> HNU 475 | 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) |

The BSc HNU degree offers 24 credits in HNU electives and 15 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 (in Family Studies), international/global nutrition and development, health promotion, a business and entrepreneurial focus, food industry and product development, health service administration, public health inspection, community health and epidemiology, and other health professional careers. Please see the **Departmental website** [<http://www2.mystfx.ca/human-nutrition/nutrition-careers>] and your **Academic Advisor** for more information.

*Changes to BSc HNU degree ARTS requirements and courses are dependent on final approval by University Senate.

Honours & Advanced Major Degrees in Human Nutrition

The normal sequence for the **B.Sc. 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 B.Sc. in HNU with Honours** requires HNU 485: *Research Methods: Application & Analysis* in year 3; HNU 491, HNU 493 (a 3-credit thesis course) in year 4; and a minimum of 12 credits in HNU electives at the 400 level (*to include HNU 485*).

Year 3 Honours

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|------------------------------------|--|------------------------------------|--|
| <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"/> HNU 485 | Research Methods: Application & Analysis |
| <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 (<i>12 credits in one discipline</i>)..... | | |

Year 4 Honours

- | | | | |
|------------------------------------|-------------------|--------------------------------------|------------------|
| <input type="checkbox"/> HNU 405 | Food Availability | <input type="checkbox"/> HNU 475 | Effecting Change |
| <input type="checkbox"/> HNU _____ | Elective | <input type="checkbox"/> HNU 493/491 | |
| <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) |

Human Nutrition Electives*

Fall Term:

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|---------|--|
| HNU 352 | Nutrition in Chronic Disease Prevention & Management |
| HNU 356 | Introduction to Food Service & Quantity Food Production (with lab) |
| HNU 366 | Maternal and Child Nutrition |
| HNU 421 | Food and Nutrition for Global Health Equity |
| HNU 445 | Food Product Development (with lab) |
| HNU 461 | Nutrition in Metabolic Disease |

HNU Prerequisite

- | |
|---------------------------------|
| HNU 351 (<i>co-requisite</i>) |
| HNU 262 |
| HNU 262 |
| HNU 351 |
| HNU 145/146 |
| HNU 351 |

Winter Term:

- | | | |
|------------------|--|-----------------|
| HNU 325 | Professional Practice in Dietetics | HNU 262 |
| HNU 353 | Nutritional Management of Human Disease | HNU 352 |
| HNU 363 | Sport Nutrition | HNU 262 |
| HNU 425 | Nutrition in Aging | HNU 262 |
| HNU 428 | Functional Foods (with Lab) | HNU 145/146/262 |
| HNU 456 | Food Service System Management | HNU 356 |
| HNU 471 | Entrepreneurial Practices for Nutrition Professionals | HNU 262 |
| HNU 485 | Research Methods: Application & Analysis | HNU 385 |
| HNU 433/NURS 433 | Introduction to Policy for Health Interdisciplinary Strategies | -- |

*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 internship programs (either the StFX Integrated Dietetic Internship (IDI) program or a Graduate internship program and/or Masters with Dietetic Internship programs in Canada) is identical to B.Sc. in HNU Major, Advanced Major or Honours degree patterns with the addition of HNU 325, 352 and HNU 356 in year 3 and HNU 353, HNU 456 and HNU 485 in year 4.