

Indiana State University

Nutrition and Wellness Major: Courses

Required AHS Courses (42 credits)

- AHS 201 Fundamentals of Nutrition or AHS 221 Principles of Human Nutrition
- AHS 220 Public Health Concepts
- AHS 226 Fundamentals of Foods
- AHS 322 Nutrition Intervention Methodologies
- AHS 360 Epidemiology
- AHS 391 Educational Methods
- AHS 414 Health Promotion Planning
- AHS 418 Health Program Evaluation
- AHS 421 Life Cycle Nutrition
- AHS 425 Community Nutrition
- AHS 428 Experimental Food Science
- AHS 444 Public Health Administration and Policy
- AHS 458 Vitamins and Minerals
- AHS 475 Nutrition for Physical Performance

Other Major Requirements (17 credits)

- BIO 274 Introductory Microbiology
- BIO 274L Introductory Microbiology Laboratory
- CHEM 103 Elementary Chemistry
- CHEM 103L Elementary Chemistry Laboratory
- CHEM 104 Elementary Organic and Biochemistry
- CHEM 104L Elementary Organic and Biochemistry Laboratory

[Before] Choose one of the following groups of courses:

- ATTR 210 Human Anatomy for Allied Health Professions
- ATTR 210L Human Anatomy for Allied Health Professions Laboratory
- PE 220 Human Physiology for Allied Health Professions

or

- BIO 231 Human Anatomy
- BIO 231L Human Anatomy Laboratory
- BIO 241 Human Physiology
- BIO 241L Human Physiology Laboratory