

BSc Human Nutrition – Pre-Medical Concentration

2023-2024

Course Sequence

Fall Term

Winter Term

Year 1

- | | | | |
|--|----------------------------------|---|---------------------------------|
| <input type="checkbox"/> HNU 142 | 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"/> <u>PSYC 101/102</u> | 6 credits Arts X | | |
| <input type="checkbox"/> <u>SOC 101/102</u> | 6 credits Arts Y | | |

Year 2

- | | | | |
|---|----------------------------------|---|---|
| <input type="checkbox"/> HNU 146 | Introduction to Food Science | <input type="checkbox"/> <u>PHIL/ENGL</u> | Elective (open) |
| <input type="checkbox"/> HNU 242 | 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 |

*Students may opt to take 6 credits in organic chemistry (CHEM 221/222) and move BSAD 102 to year 3 (in place of an open elective) although the MCAT currently has more emphasis on biochemistry than organic chemistry so this is not considered necessary).

Year 3: Consider enrolling in Advanced Major or Honours degree to build research skills

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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 _____ | Elective (<i>HNU 485 recommended</i>) |
| <input type="checkbox"/> HNU _____ | Elective | <input type="checkbox"/> <u>PHIL/ENGL</u> | Elective (open) |
| <input type="checkbox"/> <u>PHYSICS 101/121**</u> | Elective (open) | <input type="checkbox"/> <u>PHYSICS 102/122**</u> | Elective (open) |
| <input type="checkbox"/> <u>MATH 106#</u> | Calculus I (open) | <input type="checkbox"/> <u>MATH 107#</u> | Calculus II (open) |

**Calculus-based physics courses are recommended but algebra-based physics may also be helpful

#Although calculus is not directly tested on the MCAT, it still recommended by some schools. Thus MATH 106/107 are included as recommendations above. Calculus may also be taken in year one, moving ARTS Y to year 3 to enhance learning in science-based courses. Alternatively, students may benefit from taking 6 credits of English or other humanities courses (e.g. Philosophy, Art History).

Summer of year 3: write MCAT exam. The MCAT includes questions on biology, psychology, biochemistry, general chemistry, sociology, physics and organic chemistry. Students should check specific admission requirements to medical schools they hope to attend.

Year 4

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|--|--|---|------------------|
| <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"/> HNU _____ | Elective | <input type="checkbox"/> HNU _____ | Elective |
| <input type="checkbox"/> <u>PSYC 220/225/230</u> | 6 credits Arts X for a pair (<i>12 credits in one Arts discipline</i>) | | |

Relevant HNU electives with a strong grounding in biological systems and human health would include:

HNU 328, HNU 355(352), HNU 363, HNU 366, HNU 425, HNU 452, HNU 461. **HNU 433 Introduction to Policy for Health Interdisciplinary Strategies** is also highly relevant and recommended. Pre-med students may also benefit from courses covering interprofessional practice, ethical practice, documentation of care, cultural competence, communication essentials [HNU 225], disease pathophysiology [HNU 355(352)-452]. In particular, HNU 355(352) and 452, offer simulation learning experiences with a focus on the development of clinical reasoning and related skills.

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 490** (a 6-credit thesis course) **in year 4**; and a minimum of 18 credits in HNU electives at the 300 level or higher. Students planning an honours degree are **limited to 12 credits in open electives**.

- Replace 6 credits in **open electives** with 6 credits **HNU electives** in years 2 to 3.
- Register in **HNU 485 Research Methods: Application & Analysis** in year 3.
- Register in **HNU 491 (non-credit) and HNU 490 (6 credits)** in year 4.

Human Nutrition Electives*

Fall Term:

		HNU Prerequisite
HNU 328	<i>Functional Foods (not offered in 2023-23)</i>	CHEM 255/STATS 101
HNU 355(352)	Nutrition in Chronic Disease Prevention & Management (with lab)	HNU 225/351
HNU 356	Introduction to Food Service & Quantity Food Production (with lab)	HNU 262
HNU 366	Maternal and Child Nutrition	HNU 262
BSAD 356/HNU 471	Entrepreneurship/Entrepreneurial Practices for HNU	BSAD 102
NURS 433/HNU 433	Introduction to Policy for Health Interdisciplinary Strategies	--

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 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

*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, 355(352), 356, 452, 456 and 485 as HNU electives.