

# BSc HKIN Major Kinesiology – Minor Nutrition

## 5<sup>th</sup> year BSc Human Nutrition Degree

2023-24

### Course Sequence

#### Fall Term

#### Winter Term

##### Year 1

- HKIN 151 Applied A&P I
- HKIN 115 Principles of Human Movement
- HKIN 150/154 Sociocultural course
- BIOL 111 Cell Biology
- CHEM 101 Chemistry

- HKIN 152 Applied A&P II
- HKIN 136 Sport & Exercise Psychology
- HKIN Skills Any 3 credits
- BIOL 112 Diversity of Life
- CHEM 102 Chemistry

##### Year 2

- HKIN 215 Intro to Motor Learning
- STATS 101 Statistics
- ARTS X (6 credits).....
- ARTS Y (6 credits).....
- HNU 142\* Introduction to Food & Nutrition
- \_\_\_\_\_ Approved Electives (3 credits)

\*when possible HNU 142 should be taken in year 2, but may be taken in year 3 (concurrently with HNU 242(261))

##### Year 3

- HKIN 374/396/397 Research Methods
- \_\_\_\_\_ Approved Electives (3 credits)
- CHEM 225 Organic Chemistry
- HNU 242 Foundations of Nutrition Science
- ARTS X (6 credits).....(12 credits in one subject)
- HNU 145 Introduction to Foods
- HKIN 376 Biomechanics
- CHEM 255 Biochemistry
- HNU 262 Nutrition in Metabolism

##### Year 4

- HKIN \_\_\_\_\_ Sociocultural course elective
- \_\_\_\_\_ HKIN 300 level elective
- HNU 146 Introduction to Food Science
- HNU 351 Nutritional Assessment
- \_\_\_\_\_ HKIN 400 level elective
- HNU 365 Community Nutrition
- BIOL 215 Microbiology
- HNU 363 Sport Nutrition\* [Pre-requisite HNU 262]
- \_\_\_\_\_ Elective (open) or HNU 225 (dietetics)#
- \_\_\_\_\_ BSAD 102

#Students pursuing a dietetic internship must take HNU 225 by year 4, moving the open elective to year 5

##### Year 5

- HNU 405 Food Availability
- \_\_\_\_\_ HNU elective
- \_\_\_\_\_ HNU elective
- \_\_\_\_\_ HNU elective
- \_\_\_\_\_ HNU elective
- HNU 475 Effecting Change
- \_\_\_\_\_ HNU elective
- \_\_\_\_\_ HNU elective
- \_\_\_\_\_ HNU elective
- \_\_\_\_\_ Elective (open)

#Students who select **HNU 225 in year 4 and 355(352), 356, 452, 456, and 485** as HNU electives while completing year 5 are eligible to apply for the **StFX Integrated Dietetic Internship Program** and/or the **Dietitians of Canada Dietetic Practicum Match Process** and/or **Masters with Dietetic Internship programs** in Canada. The minimum grade requirement for dietetics is a 65% in HNU 351, 355(352) & 452; overall 70 % average & 75 % average in HNU courses.

## Nutrition Electives for HKIN

| Fall Term:               |  | HNU Prerequisite     |
|--------------------------|--|----------------------|
| HNU 146                  | Introduction to Food Science (with lab)                            | --                   |
| HNU 328                  | Functional Foods ( <i>not offered in 2023-2024</i> )               | CHEM 255/STATS 101   |
| HNU 351                  | Nutritional Assessment (with lab)                                  | HNU 262              |
| HNU 356                  | Introduction to Food Service & Quantity Food Production (with lab) | HNU 262              |
| HNU 366                  | Maternal and Child Nutrition                                       | HNU 262              |
| HNU 405                  | Food Availability  | --                   |
| HNU 433/HKIN 433         | Introduction to Policy for Health Interdisciplinary Strategies     | --                   |
| BSAD 356/HNU 471         | Entrepreneurship/Entrepreneurial Practices for HNU                 | BSAD 102             |
| Winter Term:             |  |                      |
| HNU 145                  | Introduction to Foods (with lab)                                   | --                   |
| HNU 225                  | Foundations of Professional Practice (with lab)                    | HNU 242              |
| HNU 355 <sup>(352)</sup> | Nutrition in Chronic Disease Prevention & Management               | HNU 225/351          |
| HNU 365                  | Community 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 456                  | Food Service System Management                                     | HNU 356              |
| HNU 485                  | Research Methods: Application & Analysis                           | HNU 384/HKIN 396/397 |

\*Students should confirm course availability and term selection for elective courses with the Registrar's Office.

### B.Sc. in Human Nutrition degree in 5th year for B.Sc. Human Kinetics students with Minor in Nutrition

B.Sc. Human Kinetics students majoring in Kinesiology and minoring in Nutrition who wish to pursue a degree in Human Nutrition in 5th year should follow the course pattern below. Please note the following requirements:

- The required six credits of open electives in the HKIN degree must be BSAD 102 and HNU 145.
- In third year, students must take HNU 145, moving the 3 credit HKIN elective to fourth year.
- In fourth year, students must take HNU 146, 351, and 365 as HNU electives. **Students pursuing a dietetic internship must also take HNU 225 by year 4 (moving the open elective to year 5).**
- HKIN 374, 396 or 397 fulfills the requirement of HNU 384 in the HNU degree program.
- Students must submit re-entry application through Admissions.

#### Recommended Course Pattern: BSc Human Nutrition

Years 1-4: HNU 142, 145, 146, 242, 262, 351, 363, 365; BSAD 102; BIOL 215; 3 credits open elective

Year 5: HNU 405, 475, 21 credits HNU electives; 3 credits open elective

#### Recommended Course Pattern: BSc Human Nutrition – Dietetics Eligibility\*

Years 1-4: HNU 142, 145, 146, 225, 242, 262, 351, 363, 365; BSAD 102; BIOL 215

Year 5: HNU 405, 475, 18 credits HNU electives (to include HNU 355(352), 356, 452, 456 and 485); 6 credits open elective

\*Eligible to apply for the **StFX Integrated Dietetic Internship (IDI) Program** and/or **graduate practicum programs** and/or **Masters with dietetic practicum programs** in Canada. The minimum grade requirement for IDI is a 65% in HNU 351, 352 & 354/454 (353); overall 70 % average & 75 % average in HNU courses.