

Bachelor of Science in Human Nutrition Health Professions Concentration*

2023-24

Course Sequence

Fall Term

Winter Term

Year 1

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

Year 2

- | | |
|--|--|
| <input type="checkbox"/> HNU 146 Introduction to Food Science
<input type="checkbox"/> HNU 242 Foundations of Nutrition Science
<input type="checkbox"/> BIOL 251 Human Anatomy & Physiology I
<input type="checkbox"/> CHEM 225 Organic Chemistry
<input type="checkbox"/> STAT 101 Elementary Statistics | <input type="checkbox"/> HNU 225 Foundations of Professional Practice
<input type="checkbox"/> HNU 262 Principles of Nutrition in Human Metabolism
<input type="checkbox"/> BIOL 252 Human Anatomy & Physiology II
<input type="checkbox"/> CHEM 255 Introductory Biochemistry
<input type="checkbox"/> BSAD 102 Business Decision Making |
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Year 3

- | | |
|--|--|
| <input type="checkbox"/> HNU 351 Nutritional Assessment
<input type="checkbox"/> HNU 355(352) Nutrition in Chronic Disease Prevention
<input type="checkbox"/> _____ Elective (open)
<input type="checkbox"/> HNU 384 Research Methods: Theory & Design
<input type="checkbox"/> _____ 6 credits Arts X for a pair (<i>12 credits in one Arts discipline</i>)..... | <input type="checkbox"/> HNU 365 Community Nutrition
<input type="checkbox"/> HNU 363 Sport Nutrition
<input type="checkbox"/> _____ Elective (open)
<input type="checkbox"/> HNU 485 Research Methods: Application & Analysis |
|--|--|

Year 4

- | | |
|---|--|
| <input type="checkbox"/> HNU 405 Food Availability
<input type="checkbox"/> HNU _____ Elective
<input type="checkbox"/> HNU _____ Elective
<input type="checkbox"/> _____ Elective (open)
<input type="checkbox"/> _____ Elective (open) | <input type="checkbox"/> HNU 475 Effecting Change
<input type="checkbox"/> HNU 452 Clinical Nutrition
<input type="checkbox"/> HNU _____ Elective
<input type="checkbox"/> _____ Elective (open)
<input type="checkbox"/> _____ Elective (open) |
|---|--|

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

*Students entering programs such as pharmacy, medicine, physical therapies, speech language pathology, etc. may benefit from courses covering interprofessional practice, ethical practice, documentation of care, cultural competence, communication essentials, disease pathophysiology, advanced physiology and metabolism. In particular, HNU 355(352) and 452, offer simulation learning experiences with a focus on the development of clinical reasoning and related skills. **Students should ensure they use their open electives to meet the specific entry requirements of health professional programs.**

Suggested ARTS Courses

ARTS electives with particular relevance to **health professions** may include: *Psychology, Sociology, Philosophy, Anthropology, English, etc.*

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. 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"/> HNU 485 | Research Methods: Application & Analysis |
| <input type="checkbox"/> HNU 352 | Elective | <input type="checkbox"/> HNU 363 | Elective |
| <input type="checkbox"/> _____ | Elective (open) | <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)

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|---|-----------------------|---|-----------------------|
| <input type="checkbox"/> HNU 405 | Food Availability | <input type="checkbox"/> HNU 475 | Effecting Change |
| <input type="checkbox"/> HNU 490 | Honours Thesis | <input type="checkbox"/> HNU 490 | Honours Thesis |
| <input type="checkbox"/> HNU 461 | Elective | <input type="checkbox"/> HNU 452 | 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#

Fall Term:

		HNU Prerequisite
<i>HNU 328</i>	<i>Functional Foods (not offered in 2023-23)</i>	<i>CHEM 255/STATS 101</i>
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	<i>BSAD 102</i>
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.