

BSc HKIN Major Kinesiology – Minor Nutrition

5th year BSc Human Nutrition Degree

2024-25

Course Sequence (for students currently in the Minor Nutrition, 3rd or 4th year)

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)*

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 245₍₁₄₆₎ Fundamentals of 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 245 ⁽¹⁴⁶⁾	Fundamentals of Food Science (with lab)	--
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
HNU 445	Food Product Development (with lab); offered in alternate years (2025-26)	HNU 146

Winter Term:

HNU 145	Introduction to Foods (with lab)	--
HNU 225	Foundations of Professional Practice (with lab)	HNU 242
HNU 328	Functional Foods	HNU 146/STATS 101
HNU 355 ⁽³⁵²⁾	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 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.