

Diet & Exercise Transfer Plan

Iowa State University (ISU) and Des Moines Area Community College (DMACC)

Diet and Exercise is a program for students interested in earning concurrent bachelor's and master's degrees focused on nutrition and physical fitness. Students are admitted to the university as pre-diet and exercise students and must apply for admission to the graduate portion of the program at the beginning of the junior year. The program is designed so students can earn both a bachelor's and master's degree in five years as well as qualify to pursue a Registered Dietitian credential.

The courses listed below can be taken at DMACC and transferred to Iowa State University (ISU) to satisfy requirements in the BS/MS degree in Diet & Exercise. This transfer plan document was accurate on the date it was prepared and may not reflect subsequent changes by ISU or DMACC. For this reason, the transfer plan should not replace consultation with an Iowa State University academic advisor in the Department of Food Science and Human Nutrition.

- **All courses on this plan do not need to be completed prior to transfer.** Typically, transfer students complete 1 year of prerequisite courses at ISU followed by 3 years of upper-level nutrition and dietetics coursework to earn the Bachelor of Science degree and a Master of Science degree in Diet and Exercise.
- **An emphasis on completing science sequence courses** and the prerequisites for upper level courses will best help students move through the program at the quickest pace after transfer. If you are a part-time student or cannot complete all of the suggested coursework on this plan, consider choosing the science coursework first since this begins the longest sequence of courses. (Begin with the chemistry and general biology equivalents.)
- **No more than 65 semester credit hours earned at a two-year college** can be applied to a baccalaureate degree from ISU. The university accepts up to 16 semester hours of credit earned in career-technical courses if the sending college accepts such courses toward its Associate of Art or Associate of Science degrees.
- **Plan ahead to apply to ISU** a year prior to when you anticipate starting ISU courses, complete the Federal Financial Aid Application (FAFSA) for financial aid options, and apply for scholarship opportunities.

	ISU courses for the diet & exercise major	DMACC equivalent courses	Notes
	ENGL 150	ENG 105: Composition I	
	ENGL 250	ENG 106: Composition II	
	LIB 160	SDV 171: Library Instruction	
	SP CM 212	SPC 101: Fundamentals of Oral Communication	
	PSYCH 101	PSY 111: Introduction to Psychology	
	MATH 140 OR MATH 143 OR MATH 160 OR MATH 165	MAT 121: College Algebra OR MAT 129: Precalculus OR - MAT 211: Calculus I	No equivalent course for MATH 160.
	STAT 101 OR STAT 104 OR STAT 226	MAT 156: Statistics - MAT 162: Principles of Business Statistics	No equivalent course for STAT 104.
	CHEM 163/163L OR CHEM 177/177L	CHM 122: Introduction to General Chemistry + Lab OR CHM 165: General Chemistry I + Lab	
	CHEM 231/231L	CHM 263: Organic Chemistry I + Lab	CHM 263 transfers as a 300-level chemistry course and satisfies this requirement.
	PHYS 115 OR PHYS 131	- PHY 160: General Physics I + Lab	No equivalent course for PHYS 115.

	BIOL 255/255L AND BIOL 256/256L OR BIO 335	BIO 168: Anatomy and Physiology I AND BIO 173: Anatomy and Physiology II	Must take both BIO 168 and 173 to get credit for BIOL 255/255L & 256/256L. Students may wait to take it at ISU.
	MICRO 201/201L	BIO 186: Microbiology + Lab	
	FSHN 167	BIO 151: Nutrition OR HSC 240: Human Nutrition	
	FSHN 265	-	No equivalent course, ISU only (offered spring and summer semesters) Must take FSHN 265 either spring or online during the summer as a pre-requisite to FSHN 360 which is only offered in the fall.
	H S 110	PEH 102: Health	
	A TR 220	PET 110: Introduction to Athletic Training	
	KIN 258	PEA 144: Physical Fitness/Conditioning	
	KIN 259	PEH 266: Leadership Tech Fitness Program	
	HSP M 133	HCM 100: Sanitation & Safety	Transfers as HSP M 233.
	HSP M 380/380L	HCM 167: Culinary Skills Development AND HCM 210: Dining Management	
	Additional courses for the major	DMACC equivalent courses	Notes
	International Perspectives	ANT 105 / FLA 142, 241, 242 / FLC 142, 241, 242 / FLF 152, 241, 242 / FLG 142, 241, 242 / FLS 152, 241 / GLS 235 / REL 101	3 credits. Must be from ISU's approved Int. Perspectives list . (If International Perspectives course is on the Humanities list, it will count for both.)
	US Diversity	-	3 credits. Requirement will be met with a course in the major (FSHN 463).
	Humanities	DRA 101 / HIS 112, 113, 150, 153 / LIT 105, 101, 110, 111 / MUS 100 / PHI 101, 105 / REL 101, 140	6 credits. Must be from ISU's approved Humanities list . (If Humanities course is on the International Perspectives list, it will count for both.)
	Ethics	PHI 105	3 credits. Must be from ISU's approved Ethics list . (If Ethics course is on humanities list, it will count for both.)

*CHS: College of Human Sciences; CALS: College of Agriculture & Life Sciences

Additional notes:

- A minimum of 120 credits are required to earn the Bachelor of Science degree. Students may choose electives beyond the requirements for the major to reach that total if needed. In addition, a minimum of 36-40 credits are required to earn a Master of Science degree.
- These plans are suggestions only and may need to be adapted to meet individual needs and commitments.
- Students who have earned a cumulative GPA of 3.50 or higher at the beginning of their final term are eligible to graduate with distinction provided they have completed 60 semester credits of coursework at ISU at the time they graduate, including a minimum of 50 graded credits at ISU.

For information on course requirements, admissions requirements for the master's degree, sample five-year plan, and course sequence flow chart, refer to the Iowa State University [diet and exercise program](#) webpage.

Updated 2023 based on course listings in the ISU 2023-2024 Catalog and [ISU's Course Equivalency Guide](#).