

Nutrition & Exercise Sciences BS

FOUR-YEAR ACADEMIC PLAN

12 Required Core Credits

18 Flexible Core Credits

12 College Option Credits

66 Major Credits

12 Elective Credits

120 Total

This 4-year academic plan is designed to help freshmen entering Queens College in Fall 2019 plan their academic career and ensure that they complete all requirements for graduation in a timely fashion. All other students should consult their academic and department advisors to chart their own 4-year academic plans. Students should note that course pre-requisite/s and co-requisite/s are strictly enforced and they should regularly meet with their department advisors to identify their specific major/minor requirements and entrance and maintenance criteria (if applicable) for successful completion of their degree.

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Freshman

FALL

English Composition I (EC1)	3 credits
World Cultures & Global Issues (WCGI)	3 credits
US Experience in its diversity (USED)	3 credits
Creative expression (CE)	3 credits
Individual and Society (IS)	3 credits

Fall total credits 15 credits

SPRING

English Composition II (EC2)	3 credits
PSYCH 1073+1071 (MQR)	4 credits
Statistical Methods	
College Option Literature (LIT+W) With Writing Intensive Unit*	3 credits
Second major, minor, or general electives**	5 credits

Spring total credits 15 credits

Sophomore

FALL

CHEM 1013&1011 (LPS)	4 credits
Basic Chemistry	
FNES 230	3 credits
Exercise, Energy Balance, & Weight Control	
Foreign Language (LANG)	4 credits
Second major, minor, or general electives	4 credits

Fall total credits 15 credits

SPRING

CHEM 1023&1021 (SW)	4 credits
Basic Organic Chemistry	
FNES 340	3 credits
Kinesiology	
One Writing Intensive Unit (W)	3 credits
Second major, minor, or general electives	5 credits

Spring total credits 15 credits

All courses required for the Nutrition and Exercise Sciences Major require a C or better. If a grade below C is earned a student may repeat the course once. If a grade below C is earned upon repeating the course the student must change their major.

Department Approved Electives:

- FNES 101 – Science of Foods, 3cr - Fall/Spring/Summer I
- FNES 391.3 – Research in PED 3cr Fall/Spring – Dr. Hung (prereq. FNES 341 and permission)
- FNES 343 – Motor Learning and Performance
- FNES 253 – Psychology of Sport
- PSYCH 217 – Life-span Developmental Psychology (prereq. PSYCH 101)
- PSYCH 231- Psychology of Human Motivation (prereq. PSYCH 101)
- PSYCH 243 – Introduction to Behavioral Neuroscience (prereq. PSYCH 101 or BIO 105)
- PHYS 121.4/121.1 – General Physics I (prereq: Trigonometry and Algebra)
- PHYS 122.4/122.1 - General Physics II (prereq.: PHYS 121)

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Junior

FALL

BIOL 40 (SW) Anatomy & Physiology I	4 credits
FNES 211 (minimum grade B-) Introduction to Program Training & Program Development	3 credits
FNES 341 Biomechanics	3 credits
FNES 263 Nutrition I	3 credits
Second major, minor, or general electives	2 credits

Fall total credits 15 credits

SPRING

BIOL 41 (SCI) Anatomy & Physiology II	4 credits
FNES 342 Physiology of Muscular Activity	3 credits
FNES 264 Nutrition II	3 credits
Department Approved Elective	3 credits
Second major, minor, or general electives	2 credits

Spring total credits 15 credits

Senior

FALL

CHEM 1033&1031 (SCI)	4 credits
FNES 352 Physiological Principles of Exercise Training	3 credits
FNES 353 Fitness Assessment & Prescription of Exercise Programs	3 credits
FNES 337 Nutrition Counseling and Education	3 credits
Second major, minor, or general electives	2 credits

Fall total credits 15 credits

SPRING

FNES 362 Nutrition for the Exercise Professional	3 credits
FNES 377 Internship in Exercise Science	3 credits
FNES 361 Sports Nutrition	3 credits
Second major, minor, or general electives	6 credits

Spring total credits 15 credits

****General Electives:** Students may complete general electives by taking courses in (most) department/s or programs they choose; however, depending on the course/program, students may need department permission and/or prerequisite course/s. Electives may be used to supplement the chosen major (an English major may want to take a course in French or Italian literature) or to fulfill interest in a different area (a Music major may be interested in the physics of sound). Students are encouraged to use available electives to complete a dual major, minor, pre-requisites for graduate or professional school, or complete and internship, experiential learning and/or study abroad. Students are encouraged to use their available general electives wisely and focus on coursework that will assist them personally, academically and professionally.