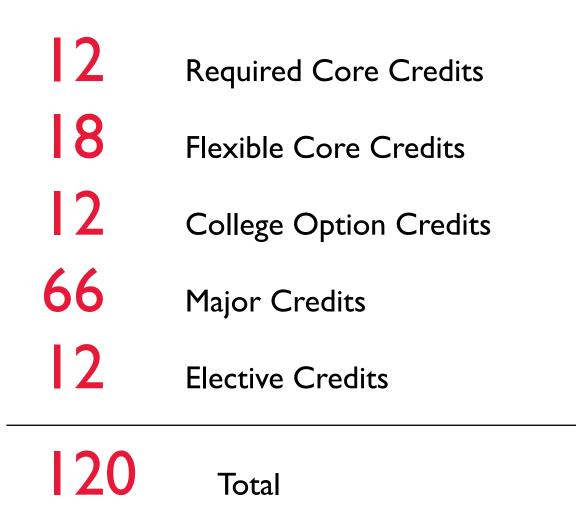
QUEENS COLLEGE Nutrition & Exercise Sciences BS

FOUR YEAR ACADEMIC PLAN



This 4-year academic plan is designed to help freshmen entering Queens College in Fall 2020 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

SPRING

English Composition I (ECI)	3 credits	English Composition II (EC2)	3 credits
World Cultures & Global Issues (WCGI)	3 credits	PSYCH 1073+1071 (MQR)	4 credits
US Experience in its diversity (USED)	3 credits	Statistical Methods	
Creative expression (CE)	3 credits	College Option Literature (LIT+W)	3 credits
Individual and Society (IS)	3 credits	With Writing Intensive Unit*	
Fall Total Credits	I5 credits	Second major, minor, or general electives**	5 credits
		Spring Total Credits	15 credits

Sophomore

FALL

CHEM 1013&1011 (LPS)	4 credits	CHEM 1023&1021 (SW)	4 credits
Basic Chemistry		Basic Organic Chemistry	
FNES 230	3 credits	FNES 340	3 credits
Exercise, Energy Balance, & Weight		Kinesiology	
Control		One Writing Intensive Unit (W)	3 credits
Foreign Language (LANG)	4 credits	Second major, minor, or general electives	5 credits
Second major, minor, or general electives	4 credits		
· · · · ·		Spring Total Credits	15 credits
Fall 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

SPRING

SPRING

Fall Total Credits	15 credits		
Nutrition I Second major, minor, or general electives	2 credits	Spring total credits	15 credits
FNES 263	3 credits	Second major, minor, or general electives	2 credits
Biomechanics		Department Approved Elective	3 credits
FNES 341	3 credits	Nutrition II	
Program Development		FNES 264	3 credits
Introduction to Program Training &		Physiology of Muscular Activity	
FNES 211 (minimum grade B-)	3 credits	FNES 342	3 credits
Anatomy & Physiology I		Anatomy & Physiology II	
BIOL 40 (SW)	4 credits	BIOL 41 (SCI)	4 credits

Senior

FALL

Fall Total Credits	15 credits		
Second major, minor, or general electives	2 credits		
Nutrition Counseling and Education		Spring Total Credits	15 credits
FNES 337	3 credits		
Exercise Programs		Second major, minor, or general electives	6 credits
Fitness Assessment & Prescription of		Sports Nutrition	
FNES 353	3 credits	FNES 361	3 credits
Training		Internship in Exercise Science	
Physiological Principles of Exercise		FNES 377	3 credits
FNES 352	3 credits	Nutrition for the Exercise Professional	
CHEM 1033&1031 (SCI)	4 credits	FNES 362	3 credits
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**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.



