

**QUEENS COLLEGE**

# 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 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.

## QUEENS COLLEGE

# Nutrition & Exercise Sciences BS

## FOUR YEAR ACADEMIC PLAN

### 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)



## QUEENS COLLEGE

# Nutrition & Exercise Sciences BS

## FOUR YEAR ACADEMIC PLAN

### Junior

#### FALL

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

**Fall Total Credits 15 credits**

#### SPRING

BIOL 41 (SCI)	4 credits
Anatomy & Physiology II	
FNES 342	3 credits
Physiology of Muscular Activity	
FNES 264	3 credits
Nutrition II	
Department Approved Elective	3 credits
Second major, minor, or general electives	2 credits
<b>Spring total credits</b>	<b>15 credits</b>

### Senior

#### FALL

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

**Fall Total Credits 15 credits**

#### SPRING

FNES 362	3 credits
Nutrition for the Exercise Professional	
FNES 377	3 credits
Internship in Exercise Science	
FNES 361	3 credits
Sports Nutrition	
Second major, minor, or general electives	6 credits
<b>Spring Total Credits</b>	<b>15 credits</b>

\*\*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.