

**DEPARTMENT OF FAMILY, NUTRITION & EXERCISE SCIENCES
QUEENS COLLEGE**

BACHELOR OF SCIENCE DEGREE IN NUTRITION & EXERCISE SCIENCES

Dear Student:

Thank you for your interest in our Bachelor of Science (BS) degree program in Nutrition and Exercise Sciences, one of many programs offered by the Department of Family, Nutrition and Exercise Sciences (FNES) at Queens College. FNES is one of eight Departments in the Division of Mathematics and Natural Sciences. The major is designed for students with genuine interest and strong aptitude in the sciences. Employment in this field will require self-motivation and creativity as new career opportunities arise. A general description of the degree program and the required curriculum is as follows.

The Major Program in Nutrition and Exercise Sciences - (Program code: NEXSCI-BS)

The BS degree in Nutrition and Exercise Sciences provides for intensive study in the combined disciplines of nutrition and exercise sciences, and is designed for students specializing in the maintenance of cardiovascular health and wellness through healthy diets and regular physical activity. Students are prepared for positions and programs in health and cardiovascular fitness and wellness; community-based programs in nutrition and fitness for adults and senior citizens; and adult health and fitness programs in health clubs, adult education centers, corporate fitness, sports medicine and physical rehabilitation centers, and preventive health agencies.

Students interested in this program should consult with the undergraduate advisor in Fitzgerald Gymnasium, Room 203: Professor Ann Azzollini, phone: (718) 997-2710, Email: aazzollini@qc.cuny.edu. All advising is by appointment only.

Note: **The BS degree in Nutrition and Exercise Sciences does not meet requirements for teacher certification or for verification for membership in the American Dietetic Association.** Students interested in Teaching Home Economics/Family and Consumer Sciences or Physical Education, or have an interest in the Dietetic program should consult with the appropriate advisor for those programs. Information on these programs and advisors can be found by navigating the Queens College website. <http://www.qc.cuny.edu/Academics/Degrees/DMNS/fnes/Pages/default.aspx>

To declare the major:

All students must attend an initial advising session conducted by an undergraduate program advisor. These sessions will be held once a week during the Fall and Spring semesters and a selected times during January, July and August. Please contact the department for further information 718-997-2710.

During the advising session:

- Declaration of Major forms signed
- Review of the requirements for the major
- Program plans are created

Students will need to file the signed Declaration of Major form with the Registrar representative at One Stop Service Center located in the Dining Hall, room 128. Please check the Queens College website for hours and directions: <http://www.qc.cuny.edu/StudentLife/services/onestop/Pages/default.aspx>

Students coming from two year feeder programs will need to have transfer credits evaluated and are strongly encouraged to attend a Transfer Evaluation Workshop conducted by the Academic Advising Center located in Kiely 217, Phone: 718.997.5599, <http://advising.qc.cuny.edu/>

Bachelor of Science in Nutrition and Exercise Sciences (59 credits) (Program code: NEXSCI-BS)

The curriculum is made up of courses in nutrition and exercise science which total 36 credits. It also includes courses in biology and chemistry which are the underpinnings of both nutrition and exercise science. A course in statistics is required to enable students to better understand and interpret scientific literature. Biology, Chemistry and Statistics are an additional 23 credits.

For detailed course descriptions please visit: <http://www.qc.cuny.edu/registrar/Pages/Welcome.aspx>

A grade of C or higher is required for all prerequisite and major classes before advancing to the next level of courses. A student may not repeat a major course more than once beyond the initial enrollment in the course.

For students who matriculate from Fall 2013 forward a grade of B- or higher is required in FNES 211

Please note: for the Pre-Health Professional tract: Email: qc.health.professions@qc.cuny.edu

The Queens College Health Professions Advisory Services Office provides advice to students who plan to apply to one of the following health professional schools: **medicine, dentistry, optometry, podiatry, veterinary medicine**

Webpage:

<http://www.qc.cuny.edu/Academics/SupportPrograms/HealthProfessions/Pages/default.aspx>

Nursing

Queens College does not offer a direct route from undergraduate study to a nursing program. Please review the [CUNY website](#) to identify undergraduate nursing degree programs.

The Queens College Health Professions Advisory Service Office is available for assistance.

Physical Therapy/Occupational Therapy

Please review admissions requirements for institutions that offer these programs prior to academic advising in the Department. In many cases basic/survey science courses are **not sufficient** to satisfy the requirements. If you choose to take higher level sciences at Queens College to satisfy these requirements; speak with a Nutrition and Exercise Sciences advisor to learn more about your options.

American Physical Therapy Association

<http://www.apta.org/apta/directories/accreditedschools.aspx?navID=10737423273>

Physical Therapist Centralized Application Service

<http://www.ptcas.org/Directory/>

The American Occupational Therapy Association

<http://www.aota.org/education-careers/find-school.aspx>

Early (pre) Registration

- Pre-registration is available to FNES students for FNES, BIO, and CHEM curriculum courses. Only students who have declared their major with FNES can pre-register.
- Early registration is in October or early November for Spring semester courses and March or early April for Summer and Fall semester courses. This information is subject to change, please check with the FNES department each semester.
- Information regarding pre-registration will be sent via an email notification to your QC email account. Flyers will also be posted in Fitzgerald Gym and Remsen 306. If miss pre-registration you most likely will NOT be able to be placed into the classes you require.
- The **student** will be responsible for checking their record for holds **prior** to preregistration. If there is a hold on an account and the department is **unable** to register the student, the department **will NOT** hold a seat.

Course Requirements for Nutrition and Exercise Sciences

Must receive a grade of C or higher in all courses, except B- in FNES 211 if you have matriculated in as of Fall 2013. Course repeatability: initial enrollment + 1 applies to ALL courses

Course # & Name	# of credits	Pre-requisite/Co-requisite	Semester offered
FNES 211 Introduction to Exercise Training and Program Development	3	none	Fall/Spring
FNES 230 Exercise, Energy Balance, & Weight Control	3	none	Fall/Spring
FNES 263 Nutrition I	3	CHEM 101.3 / 101.1 & CHEM 102.3/102.1, Psych 107	Fall/Spring
FNES 264 Nutrition II	3	FNES 263	Fall/Spring
FNES 340 Kinesiology	3	none	Fall/Spring
FNES 341 Biomechanics	3	FNES 340	Fall/Spring
FNES 342 Physiology of Muscular Activity	3	BIO 40	Fall/Spring/
FNES 352 Physiological Principles of Exercise Training	3	Pre- or Co-req: FNES 342	Fall/Springl
FNES 353 Fitness Assessment & Prescription of Exercise Programs	3	FNES 211 and FNES 342	Fall/Spring
FNES 362 Nutrition for the Exercise Professional	3	Pre- or Co-req: FNES 264, Chem 103.3/103.1, Bio 41	Spring/Fall
FNES 377 Internship in Exercise Science	3	FNES 353 or permission	Fall/Spring
#1 Department approved Elective	3	See listing	
**BIO 40 Anatomy & Physiology I	4	none	Fall/Spring
**BIO 41 Anatomy & Physiology II		BIO 40	
CHEM 101.3 and CHEM 101.1 Basic Chemistry/Lab	4	N/A	Fall/Spring
CHEM 102.3 and CHEM 102.1 Basic Organic Chemistry/Lab	4	CHEM 101.3/101.1	Fall/Spring
CHEM 103.3 and CHEM 103.1 Basic Biochemistry/Lab		CHEM 102.3/102.1	Fall/Spring
*PSYCH 107 Statistics	4		Fall Spring

Department Approved Electives:

- FNES 101 – Science of Foods, 3cr - Fall/Spring/Summer I
- FNES 337 – Nutrition Education, 3 cr Pre-requisite FNES 263 – Spring
- PHYS 121.4/121.1 – General Physics I (Prereq:Trigonometry and algebra)
- PHYS 122.4/122.1` - General Physics II (prereq.: PHYS 121)
- FNES 391.3 - Research in PED 3cr Fall/Spring – Dr. Hung (prereq. FNES 341 and permission)

All students in the program must follow the pre-requisite sequences. There will be no exceptions.

***MATH 114 and Sociology 205 will no longer be accepted as the Statistics requirement**

****BIO 40 (Anatomy & Physiology I) and BIO 41 (Anatomy & Physiology II) replace BIO 11 (Intro to College Biology) and BIO 43 (Anatomy & Physiology I & II) for all students matriculating Fall 2015 and forward**

Suggested Sequence of Courses for BS Degree in Nutrition and Exercise Sciences

YEAR 1

FALL

CHEM 101.3 / 101.1
FNES 211
FNES 230
STATS

SPRING

CHEM 102.1 / 102.3
BIO 40
FNES 340

YEAR 2

FALL

BIO 41
FNES 263
FNES 341

SPRING

FNES 342
CHEM 103.3/103.1
FNES 264

YEAR 3

FALL

FNES 353
Elective

SPRING

FNES 352
FNES 362
FNES 377

THE INFORMATION CONTAINED IN THIS DOCUMENT IS SUBJECT TO CHANGE.

August 10, 2015