

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 for freshmen entering Queens College in Fall 2021. Our 4-year academic plans are illustrative examples of integrated degree requirements and course sequencing for each of the College's programs of study which are designed to ensure degree completion in a timely manner. Students are advised to meet with professional and faculty advisors to tailor their degree maps to their individual interests (academic and career goals), as well as other considerations including course offerings and the incorporation of winter and summer sessions. Course pre-requisite/s and co-requisite/s are strictly enforced, as are entrance and maintenance criteria (if applicable) for the successful completion of the degree.

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Freshman

FALL

English Composition I (EC1)	3 credits
World Cultures & Global Issues (WCGL)	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) Basic Chemistry	4 credits
FNES 211 (minimum grade B-) Introduction to Program Training & Program Development	3 credits
FNES 230 Exercise, Energy Balance, & Weight Control	3 credits
Foreign Language (LANG)	4 credits
Second major, minor, or general electives	1 credit

Fall total credits 15 credits

SPRING

CHEM 1023&1021 (SW) Basic Organic Chemistry	4 credits
FNES 340 Kinesiology	3 credits
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 341 Biomechanics	3 credits
FNES 263 Nutrition I	3 credits
Second major, minor, or general electives	5 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.