

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

This 4-year academic plan is for freshmen entering Queens College in Fall 2022. 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 (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)	3 credits
With Writing Intensive Unit*	
Second major, minor, or general electives**	5 credits

Spring total credits **15 credits**

Sophomore

FALL

CHEM 1013&1011 (LPS)	4 credits
Basic Chemistry	
FNES 211 (minimum grade B-)	3 credits
Introduction to Program Training & Program Development	
FNES 230	3 credits
Exercise, Energy Balance, & Weight Control	
Foreign Language (LANG)	4 credits
Second major, minor, or general electives	1 credit

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)	4 credits
Anatomy & Physiology I	
FNES 341	3 credits
Biomechanics	
FNES 263	3 credits
Nutrition I	
Second major, minor, or general electives	5 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

Spring total credits

15 credits

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

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.

