

# Nutrition & Exercise Sciences BS

**12** Required Core Credits

**18** Flexible Core Credits

**12** College Option Credits

**66** Major Credits

**12** Elective Credits

This 4-year academic plan is designed to help freshmen entering Queens College in Fall 2023. 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

# Nutrition & Exercise Sciences BS

## 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) 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 (if interested, speak with Professor Azzollini)
- 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)
- PSYCH 257 – Psychology of sport & Exercise (prereq. PSYCH 101) Spring Only
- PHYS 121.4/121.1 – General Physics I (prereq: Trigonometry and Algebra)
- PHYS 122.4/122.1 - General Physics II (prereq.: PHYS 121)

# Nutrition & Exercise Sciences BS

## Junior

### FALL

BIOL 40 (SW)	4 credits
Anatomy & Physiology I	
FNES 341	3 credits
Biomechanics	
FNES 263	3 credits
Nutrition I	
FNES 264	3 credits
Nutrition II	
Second major, minor, or general electives	2 credits

**Fall total credits 15 credits**

### SPRING

BIOL 41 (SCI)	4 credits
Anatomy & Physiology II	
FNES 337	3 credits
Nutrition Counseling and Education	
FNES 342	3 credits
Physiology of Muscular Activity	
Second major, minor, or general electives	5 credits

**Spring total credits 15 credits**

## Senior

### FALL

CHEM 1033&1031 (SCI)	4 credits
Department Approved Elective	3 credits
FNES 353	3 credits
Fitness Assessment & Prescription of Exercise Programs	
FNES 361	3 credits
Sports Nutrition	
Second major, minor, or general electives	2 credits

**Fall total credits 15 credits**

### SPRING

FNES 362	3 credits
Nutrition for the Exercise Professional	
FNES 352	3 credits
Physiological Principles of Exercise Training	
FNES 377	3 credits
Internship in Exercise Science	
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.