



**UNDERGRADUTE
NUTRITION & EXERCISE SCIENCES PROGRAM (NEXSCI-BS)**

NUTRITION & EXERCISE SCIENCES REQUIREMENTS		
Course # & Name	# of credits	Pre-requisites
FNES 211 - Introduction to Exercise Training and Program Development	3	none
FNES 230 -Exercise, Energy Balance & Weight Control	3	none
FNES 263 - Nutrition I	3	CHEM 1013, 1011, 1023, 1021 & PSYCH 1073, 1071
FNES 264 - Nutrition II	3	Pre- or co req. FNES 263
*FNES 337 – Nutrition Counseling & Education	3	FNES 263
FNES 340 - Kinesiology	3	none
FNES 341 – Biomechanics	3	FNES 340
FNES 342 - Physiology of Muscular Activity	3	BIO 40
FNES 352 - Physiological Principles of Exercise Training	3	FNES 342
FNES 353 - Fitness Assessment & Prescription of Exercise Programs	3	FNES 211 & FNES 342
*FNES 361-Sports Nutrition	3	FNES 263 & 264
FNES 362 - Nutrition for the Exercise Professional	3	Pre-req. FNES 263 & Pre or Co-req: FNES 264, CHEM 103.3/103.1, BIO 41
FNES 377 - Internship in Exercise Science	3	FNES 353 or permission
**1 Department approved Elective	3	Choose 1 course from the list on the back
SCIENCE REQUIREMENTS		
BIO 40 - Anatomy & Physiology I	4	none
BIO 41 - Anatomy & Physiology II	4	BIO 40
CHEM 101.3 & CHEM 101.1 - Basic Chemistry Lecture/Lab	4	none
CHEM 102.3 & CHEM 102.1- Basic Organic Chemistry Lecture /Lab	4	CHEM 101.3/101.1
CHEM 103.3 & CHEM 103.1 - Basic Biochemistry Lecture /Lab	4	CHEM 102.3/102.1
STATISTICS REQUIREMENT		
PSYCH 107.3 & 107.1 – Statistical Methods	4	

- Students matriculating in as of **Fall 2013** must receive a grade of C or higher in all courses, except FNES 211, B- or higher.
- Course repeatability: initial enrollment + 1 applies to ALL courses.
- Students matriculating in **Fall 2015** : take the sequence of BIO 40 (Anatomy & Physiology I) and BIO 41 (Anatomy and Physiology II) instead of BIO 11(Intro to College Biology) and BIO 43 (Anatomy and Physiology I & II).
- *Students matriculating into the college **prior to Fall 2019** take 60 credits. FNES 337 and FNES 361 may be used as electives but are not required.
- Students matriculating in **Fall 2021** and forward must complete 130hr. in FNES 377-Internship.
- Higher level Chemistry courses will replace basic level (CHEM 1134/1 for 1013/1, CHEM 2514/1 for 1023/1, Chem 371 for Chem 103, BIO 325 for 40, BIO 326 for 41)

****Department Approved Electives:**

- FNES 101 – Science of Foods
- FNES 391.3 – Research in PED – Dr. Hung (Pre-req. FNES 341 and permission)
- FNES 391.3 – Research in PED – Dr. Quiles (Pre-req. FNES 211 and permission)
- FNES 391.3 - Research in PED – Dr. Balachandran (Pre-req. FNES 211 and permission)
- FNES 343 – Motor Learning and Performance
- FNES 253 – Psychology of Sport
- PSYCH 217 – Life-span Developmental Psychology (Pre-req. PSYCH 101)
- PSYCH 231- Psychology of Human Motivation (Pre-req. PSYCH 101)
- PSYCH 243 – Introduction to Behavioral Neuroscience (Pre-req. PSYCH 101 or BIO 105)
- PHYS 121.4/121.1 – General Physics I (Pre-req. Trigonometry and Algebra)
- PHYS 122.4/122.1 - General Physics II (Pre-req. PHYS 121)
- BALA 103W – Critical Thinking in Business (Only if you are a BALA Minor)
- BALA 303 – Problem Solving and Decision Making (Only if you are a BALA Minor)

Nutrition and Exercise Sciences Advisement:

Program Director: Professor Ann Azzollini, MSEd - ann.azzollini@qc.cuny.edu

For advisement or program inquiry in person appointments, please contact the Department College Assistant: Ms. Stephanie Delos Reyes Stephanie Stephanie.Delosreyes@qc.cuny.edu or Ms. Awilda Cabrera wilda.cabrera@qc.cuny.edu

Associated Minors – If you are interested, please ask for additional information.

1. Health Sciences Minor

Students who choose Nutrition & Exercise Sciences and will be moving onto a career path in allied health (Physical Therapy, Occupational Therapy, Nursing, Physician's Assistant or Pre-Med) will also declare the Health Sciences Minor.

2. BALA Minor

Students who have an interest entrepreneurship also choose the BALA Minor.

Admissions:

For information regarding the admissions process please go the Queens College website.

<https://www.qc.cuny.edu/admissions/>

General Academic Advisement: For information about college wide general education requirements, speak with an advisor in the Academic Advisement Center, Kiely 217. <https://www.qc.cuny.edu/aac/>

Financial Aid, Loans, Loan Deferments, and Grants, Work Study: Contact the financial aid office for information about the various grants, work and loan programs offered by New York State and the federal government.

<https://www.qc.cuny.edu/faid/>

Office Of Honors & Scholarships: For information about scholarship opportunities. Honors Hall 16; 718-997-5502.

<https://www.qc.cuny.edu/academics/ohs/>

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>

THE INFORMATION CONTAINED IN THIS DOCUMENT IS SUBJECT TO CHANGE.

August 21, 2022