

Nutrition and Exercise Sciences

Course # & Name	Credits	Pre-requisites	Min. Grade
FNES 211 - Introduction to Exercise Training and Program Development	3	none	B-
FNES 230 -Exercise, Energy Balance & Weight Control	3	none	C
FNES 263 - Nutrition I	3	CHEM 1013, 1011, 1023, 1021 pre or co-req. stats.	C
FNES 264 - Nutrition II	3	Pre- or co req. FNES 263	C
FNES 337 – Nutrition Counselling & Education	3	FNES 263	C
FNES 340 - Kinesiology	3	none	C
FNES 341 – Biomechanics	3	FNES 340	C
FNES 342 - Physiology of Muscular Activity	3	BIO 40	C
FNES 352 - Physiological Principles of Exercise Training	3	FNES 342	C
FNES 353 - Fitness Assessment & Prescription of Exercise Programs	3	FNES 211 & FNES 342	C
FNES 361-Sports Nutrition (Fall only)	3	FNES 263 & 264	C
FNES 362 - Nutrition for the Exercise Professional (Spring only)	3	Pre-req. FNES 263 & Pre or Co-req.: FNES 264 BIO 41	C
FNES 377 - Internship in Exercise Science	3	Pre or co req. FNES 353	C
1 Department approved Elective	3	Choose 1 course from the approved list	C
BIO 40 - Anatomy & Physiology I	4	none	C
BIO 41 - Anatomy & Physiology II	4	BIO 40	C
CHEM 101.3 & CHEM 101.1 - Basic Chemistry Lecture/Lab *	4	none	C
CHEM 102.3 & CHEM 102.1- Basic Organic Chemistry Lecture /Lab *	4	CHEM 101.3/101.1	C
PSYCH 107.3 & 107.1 – Statistical Methods	4	3 cr Stats class on transfer OK	C

Department Approved Electives

Course Name	Comments
FNES 101 – Science of Foods	
FNES 391.3 – Research in PED	Hung, Quiles, Balachandran, McFadden – permission of instructor
FNES 343 – Motor Learning	limited to 3 seats/ section/semester
FNES 253 – Psychology of Sport	limited to 3 seats/ section/semester
PSYCH 217 – Life Span & Development	Pre-req PSYCH 101
PSYCH 257 -Sport Psychology	pre-req. PSYCH 101
PSYCH 231- Psychology of Human Motivation	pre-req. PSYCH 101
PSYCH 243 – Introduction to Behavioural Neuroscience	pre-req. PSYCH 101
PHYS 121.4/121.1 – General Physics I	
PHYS 122.4/122.1 - General Physics II	pre-req PHYS 1214 & 1211

*Higher level Chemistry is accepted for basic Chemistry (1134 & 1131 for 1013 & 1011 and 2514 & 2511 for 1023 & 1021).