



## Food and Nutritional Sciences Sports and Exercise Emphasis 2019-20

### What can you do with a Food and Nutritional Science major from SPU?

The Food and Nutritional Sciences major at Seattle Pacific University may be right for you if you are interested in science and health, fascinated by food, and want to work with individuals and families. The major offers emphases in Food & Nutrition, Sports & Exercise, and (for those interested in licensure as a Dietician) Dietetics. Depending on the emphasis, the major requires 89-116 credits.

**Potential occupations** include:

- Nutrition Consultant for Athletes/Teams
- Health Club Consultant
- Nutrition Coach
- Weight Loss Coach
- Worksite Wellness Coordinator
- Health Educator

### Suggested Transfer Preparation at Edmonds Community College

Associate in Pre-Nursing—Direct Transfer Agreement (DTA/MRP)

### Majors with similar requirements in first two years

Nursing, Exercise Science, Life Science, BS in Psychology

### Courses in the major you may complete at Edmonds Community College

Edmonds Community College Courses	Equivalent SPU Courses
BIOL& 241 Human Anatomy & Physiology I (6)	BIO 2129 Human Anatomy & Physiology (6)
BIOL& 242 Human Anatomy & Physiology II (6)	BIO 2130 Human Anatomy & Physiology (6)
BIOL& 260 Microbiology (5)	BIO 3351 General Microbiology (LD)* (5)
CHEM& 121 Introduction to Chemistry (5)	CHM 1310 Survey of General Chemistry (5)
CHEM& 131 Intro to Organic/Biochemistry (5)	CHM 1330 Survey of Organic Chemistry (5)
MATH& 146 Introduction to Statistics (5)	MAT 2360 Intro to Statistics for the Sciences (5)

**Note:** Completion of these courses is not required for transfer, but may aid in timely completion of your degree. Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.

\*LD=Lower-division: the course transfers as a lower-division equivalent to the SPU course

### Admission to the Major

Admission to this major is guaranteed for transfer students admitted to SPU. Once you begin classes at SPU, complete the Major Application form in the Banner Information System to formalize your acceptance to the major.

**Learn more** about the SPU Food and Nutritional Science: Sports & Exercise Emphasis major:

<http://spu.edu/food-nutritional-sci>

<http://spu.edu/food-nutritional-sci-regs>

Get more information about transfer admission to Seattle Pacific University at: <http://spu.edu/transfer>  
Questions? Contact [transfer@spu.edu](mailto:transfer@spu.edu)

## Courses in the major to complete at SPU Requirement

CHM 1360 Survey of Biological Chemistry (5)
FCS 1050 Intro to Family and Consumer Sciences (2)
FCS 3240 Individual & Family Development (5)
FCS 4899 FCS Senior Capstone (3)
FCS 2365 Food Science (5)
FCS 3321 Nutrition through the Life Cycle (3)
FCS 3340 Human Nutrition (5)
FCS 3352 Nutrition Education & Counseling (5)
FCS 3365 Nutrition and Meal Planning (5)
FCS 4330 Advanced Nutrition & Metabolism (5)
FCS 4352 Community Nutrition (3)
FCS 4367 Experimental Foods (5)
FCS 4370 Nutrition Research (3)
FCS 4310 Sports and Exercises Nutrition (3)
FCS 4340 Medical Nutrition Therapy I (5)
HHP 1301 Wellness and Physical Activity (3)
HHP 3570 Biomechanics (5)
HHP 3580 Exercise Physiology (5)
HHP 4585 Applied Exercise Science (5)

## University Foundations

All students must complete the University Foundations Requirement at SPU—even those who have completed the Direct Transfer Agreement (DTA) Associate Degree.

Students admitted with fewer than 90 credits (freshmen and sophomores) complete 15 credits:

UFDN 1000 The Christian Faith (5)  
 UFDN 2000 Christian Scriptures (5)  
 UFDN 3100 Christian Theology (5)

Students admitted with 90 credits or more (juniors and seniors) complete 10 credits:  
 UFDN 3001 Christian Scriptures (5)  
 UFDN 3100 Christian Theology (5)

In addition to the major, the degree requires completion of any remaining general education and University requirements, and at least 180 college-level credits total, including 60 upper-division (UD) credits.

## Suggested course plan for your junior and senior years at SPU

Assumes junior standing at entrance and satisfactory completion of BIOL& 241, BIOL& 242, BIOL& 260, CHEM& 121, CHEM& 131, and MATH& 146 prior to transfer.

Junior Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"><li>FCS 1050 (2 credits)</li><li>FCS 2365 (5)</li><li>HHP 1301 (3)</li><li>UFDN 3001 (5)</li><li>+0-3 credits</li></ul>	<ul style="list-style-type: none"><li>CHM 1360 (5)</li><li>FCS 3321 (3)</li><li>HHP 3570 (5)</li><li>UFDN 3100 (5)</li></ul>	<ul style="list-style-type: none"><li>FCS 3240 (5)</li><li>FCS 3340 (5)</li><li>HHP 3580 (5)</li><li>+0-3 credits</li></ul>	<ul style="list-style-type: none"><li>Apply to the major upon successful completion of CHM 1310, 1330, 1360; BIO 2129 and 2130; FCS 1050 and 2365 or 3340.</li><li>Apply to graduate by the end of your junior year, and once admitted to the major.</li></ul>
<b>ANY QUARTER</b> General electives, and any remaining General Education and University Requirements			
Senior Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"><li>FCS 3352 (5)</li><li>FCS 4340 ((5)</li><li>HHP 4585 (5)</li><li>+0-3 credits</li></ul>	<ul style="list-style-type: none"><li>FCS 3365 (5)</li><li>FCS 4352(3)</li><li>FCS 4330 (5)</li><li>+2-5 credits</li></ul>	<ul style="list-style-type: none"><li>FCS 4310 (3)</li><li>FCS 4370 (3)</li><li>FCS 4367 (5)</li><li>+4-7 credits</li></ul>	<ul style="list-style-type: none"><li>Complete at least 180 college-level credits, including at least 60 upper division (numbered 3000-4999).</li></ul>
FCS 4899, general electives, and any remaining General Education and University Requirements			