

# Bachelor of Science in Human Kinetics

## Major Kinesiology – Minor Nutrition

### 2024-25

Course Sequence (for students currently in the Minor Nutrition, 3<sup>rd</sup> or 4<sup>th</sup> year)

#### Fall Term

##### Year 1

- HKIN 151 Applied A&P I
- HKIN 115 Principles of Human Movement
- HKIN 150/154 Sociocultural course
- BIOL 111 Cell Biology
- CHEM 101 Chemistry

#### Winter Term

- HKIN 152 Applied A&P II
- HKIN 136 Sport & Exercise Psychology
- HKIN Skills Any 3 credits
- BIOL 112 Diversity of Life
- CHEM 102 Chemistry

##### Year 2

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|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> HKIN 215 Intro to Motor Learning</li> <li><input type="checkbox"/> STATS 101 Statistics</li> <li><input type="checkbox"/> ARTS X (6 credits).....</li> <li><input type="checkbox"/> ARTS Y (6 credits).....</li> <li><input type="checkbox"/> <b>HNU 142* Introduction to Food &amp; Nutrition</b></li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> HKIN 265 Exercise Physiology</li> <li><input type="checkbox"/> HKIN Skills Any 3 credits</li> <li><input type="checkbox"/> _____ Approved Electives (3 credits)</li> </ul> |
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- \*when possible HNU 142 should be taken in year 2, but may be taken in year 3 (concurrently with HNU 242)

##### Year 3

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> HKIN 374/396/397 Research Methods</li> <li><input type="checkbox"/> _____ Approved Electives (3 credits)</li> <li><input type="checkbox"/> CHEM 225 Organic Chemistry</li> <li><input type="checkbox"/> <b>HNU 242 Foundations of Nutrition Science</b></li> <li><input type="checkbox"/> ARTS X (6 credits).....</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> _____ HKIN 300 level elective</li> <li><input type="checkbox"/> HKIN 376 Biomechanics</li> <li><input type="checkbox"/> CHEM 255 Biochemistry</li> <li><input type="checkbox"/> <b>HNU 262 Nutrition in Human Metabolism</b></li> </ul> <p style="margin-left: 20px;">.....(12 credits in one subject)</p> |
|--|--|

##### Year 4

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> HKIN _____ Sociocultural course elective</li> <li><input type="checkbox"/> <b>HNU _____ Elective</b></li> <li><input type="checkbox"/> <b>HNU _____ Elective</b></li> <li><input type="checkbox"/> <b>HNU _____ Elective</b></li> <li><input type="checkbox"/> _____ Elective (open)</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> _____ HKIN 400 level elective</li> <li><input type="checkbox"/> BIOL 215 Microbiology</li> <li><input type="checkbox"/> <b>HNU 363 Sport Nutrition</b></li> <li><input type="checkbox"/> <b>HNU _____ Elective</b></li> <li><input type="checkbox"/> _____ Elective (open)</li> </ul> |
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The **Minor in Nutrition** is a great choice for BSc HKIN students with an interest or career goals in sports nutrition and exercise performance. Students choosing the minor can apply for a 5<sup>th</sup> year BSc Human Nutrition degree and **complete two degrees in 5 years!** This pathway will open the door to careers in sport nutrition, dietetics, other health professions, health promotion, entrepreneurship, business and the food industry, public health inspection, and more! For more information see the Departmental website [stfx.ca/nutrition] or an Academic Advisor. Students should see the **HKIN Dept Chair** for questions about meeting their degree requirements and [Dr. Jen Jamieson](#) for questions about **nutrition course selection** within the minor degree.

## Nutrition Electives for HKIN\*

Fall Term:		HNU Prerequisite
HNU 245 <sup>(146)</sup>	Fundamentals of Food Science (with lab)	--
HNU 351	Nutritional Assessment (with lab)	HNU 262
HNU 356	Introduction to Food Service & Quantity Food Production (with lab)	HNU 262
HNU 366	Maternal and Child Nutrition	HNU 262
HNU 405	Food Availability	--
HNU 433/HKIN 433	Introduction to Policy for Health Interdisciplinary Strategies	--
BSAD 356/HNU 471	Entrepreneurship/Entrepreneurial Practices for HNU	BSAD 102
HNU 445	Food Product Development (with lab); offered in alternate years (2025-26)	HNU 146
Winter Term:		
HNU 145	Introduction to Foods (with lab)	--
HNU 225	Foundations of Professional Practice (with lab)	HNU 242
HNU 328	Functional Foods	HNU 146/STATS 101
HNU 355 <sup>(352)</sup>	Nutrition in Chronic Disease Prevention & Management	HNU 225/351
HNU 365	Community Nutrition	HNU 262
HLTH 301/HNU 421	Global Health/Food & Nutrition for Global Health Equity	--
HNU 425	Nutrition in Aging	HNU 262
HNU 456	Food Service System Management	HNU 356
HNU 485	Research Methods: Application & Analysis	HNU 384/HKIN 396/397

\*Students should confirm course availability and term selection for elective courses with the Registrar's Office.

### B.Sc. in Human Nutrition degree in 5th year for B.Sc. Human Kinetics students with Minor in Nutrition

B.Sc. Human Kinetics students majoring in Kinesiology and minoring in Nutrition who wish to pursue a degree in Human Nutrition in 5th year should follow the course pattern below. Please note the following requirements:

- The required six credits of open electives in the HKIN degree must be BSAD 102 and HNU 145.
- In third year, students must take HNU 145, moving the 3 credit HKIN elective to fourth year.
- In fourth year, students must take HNU 146, 351, and 365 as HNU electives. Students pursuing a dietetic internship must also take HNU 225 by year 4 (moving the open elective to year 5).
- HKIN 374, 396 or 397 fulfills the requirement of HNU 384 in the HNU degree program.
- Students must submit re-entry application through Admissions.

#### Recommended Course Pattern: BSc Human Nutrition

Years 1-4: HNU 142, 145, 146, 242, 262, 351, 363, 365; BSAD 102; BIOL 215; 3 credits open elective

Year 5: HNU 405, 475, 21 credits HNU electives; 3 credits open elective

#### Recommended Course Pattern: BSc Human Nutrition – Dietetics Eligibility\*

Years 1-4: HNU 142, 145, 146, 225, 242, 262, 363, 351, 365; BSAD 102; BIOL 215.

Year 5: HNU 405, 475, **18 credits HNU electives (to include HNU 355(352), 356, 452, 456 and 485)**; 6 credits open elective

\*Eligible to apply for the StFX Integrated Dietetic Internship (IDI) Program and/or graduate practicum programs and/or Masters with dietetic practicum programs in Canada. The minimum grade requirement for IDI is a 65% in HNU 351, 355(352) & 452; overall 70 % average & 75 % average in HNU courses.