

Nutrition & Exercise Sciences BS

FOUR-YEAR ACADEMIC PLAN

12 Required Core Credits

18 Flexible Core Credits

12 College Option Credits

62 Education Credits

12 Elective Credits

This 4-year academic plan is for freshmen entering Queens College in Fall 2024.

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.

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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)	3 credits
With Writing Intensive Unit*	
Second major, minor, or general electives**	5 credits

Spring total credits 15 credits

Sophomore

FALL

CHEM 1013&1011 (LPS)	4 credits
Basic Chemistry	
FNES 211 (minimum grade B-)	3 credits
Introduction to Program Training & Program Development	
FNES 230	3 credits
Exercise, Energy Balance, & Weight Control	
Foreign Language (LANG)	4 credits
Second major, minor, or general electives	1 credit

Fall total credits 15 credits

SPRING

CHEM 1023&1021 (SW)	4 credits
Basic Organic Chemistry	
FNES 340	3 credits
Kinesiology	
One Writing Intensive Unit (W)	3 credits
One Additional Core Course or double up	3 credits
Second major, minor, or general electives	2 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.

‡One Department approved elective (3credits):

- FNES 101 Science of Foods (LPS, SCI)
- FNES 391.1 Research in PED – Dr. McFadden (pre-req. FNES 211 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 391.3 Research in PED – Dr. Hung (pre-req FNES 340 and permission)
- FNES 343 Motor Learning (limited seats)
- FNES 253 Psychology of Sport (limited seats)
- 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 Behavioral Neuroscience (Pre-req. PSYCH 101)
- PHYS 121.4/121.1 General Physics I (LPS, SCI)
- PHYS 122.4/122.1 General Physics II (pre-req PHYS 121.4 & 121.1) (LPS, SCI)

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Junior

FALL

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

Fall total credits

15 credits

SPRING

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

Spring total credits

15 credits

Senior

FALL

Department Approved Elective¥	3 credits
FNES 353 Fitness Assessment & Prescription of Exercise Programs	3 credits
FNES 361 Sports Nutrition	3 credits
Second major, minor, or general electives	6 credits

Fall total credits

15 credits

SPRING

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