

Bachelor of Science in Human Nutrition with Integrated Dietetic Internship Degree

2024-25

Course Sequence (for students entering BSc HNU in 2023 or earlier)

Fall Term

Winter Term

Year 1

- | | | | |
|---|----------------------------------|---|---------------------------------|
| <input type="checkbox"/> HNU 142 | Introduction to Food & Nutrition | <input type="checkbox"/> HNU 145 | Introduction to Foods |
| <input type="checkbox"/> CHEM 101 | Chemistry | <input type="checkbox"/> CHEM 102 | Chemistry |
| <input type="checkbox"/> BIOL 111 | Introductory Cell Biology | <input type="checkbox"/> BIOL 215 | Microbiology in Human Nutrition |
| <input type="checkbox"/> _____ | 6 credits Arts X | | |
| <input type="checkbox"/> _____ | 6 credits Arts Y..... | | |

Year 2 IDI: Submit [intention to apply form](#) to Dietetic Educator by March 31.

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|--|----------------------------------|---|---|
| <input type="checkbox"/> HNU 245 ₍₁₄₆₎ | Fundamentals of Food Science | <input type="checkbox"/> HNU 225 | Foundations of Professional Practice |
| <input type="checkbox"/> HNU 242 | Foundations of Nutrition Science | <input type="checkbox"/> HNU 262 | Principles of Nutrition in Human Metabolism |
| <input type="checkbox"/> BIOL 251 | Human Anatomy & Physiology I | <input type="checkbox"/> BIOL 252 | Human Anatomy & Physiology II |
| <input type="checkbox"/> CHEM 225 | Organic Chemistry | <input type="checkbox"/> CHEM 255 | Introductory Biochemistry |
| <input type="checkbox"/> STAT 101 | Elementary Statistics | <input type="checkbox"/> BSAD 102 | Business Decision Making |

Year 3 IDI: Re-submit intent to apply form (Nov); application packages due in January.

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> HNU 351 | Nutritional Assessment | <input type="checkbox"/> HNU 365 | Community Nutrition |
| <input type="checkbox"/> HNU 355 ₍₃₅₂₎ | Nutrition in Chronic Disease Prevention & Management | <input type="checkbox"/> HNU | Elective |
| <input type="checkbox"/> HNU 356 | Intro to Food Service & Quantity Food Production | <input type="checkbox"/> _____ | Elective (open) |
| <input type="checkbox"/> HNU 384 | Research Methods: Theory & Design | <input type="checkbox"/> HNU 485 | Research Methods: Application & Analysis |
| <input type="checkbox"/> _____ | 6 credits Arts X for a pair (12 credits in one Arts discipline)..... | | |

Year 4 IDI: Re-submit intent to apply form (Nov); application packages due in January.

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|---|-------------------|---|--------------------------------|
| <input type="checkbox"/> HNU 405 | Food Availability | <input type="checkbox"/> HNU 475 | Effecting Change |
| <input type="checkbox"/> HNU _____ | Elective | <input type="checkbox"/> HNU 452 | Clinical Nutrition |
| <input type="checkbox"/> _____ | Elective (open) | <input type="checkbox"/> HNU 456 | Food Service System Management |
| <input type="checkbox"/> _____ | Elective (open) | <input type="checkbox"/> _____ | Elective (open) |
| <input type="checkbox"/> _____ | Elective (open) | <input type="checkbox"/> _____ | Elective (open) |

Note: Required HNU courses for the degree are in bold. Dietetics courses must be chosen from 24 HNU electives.

Suggested ARTS Courses

ARTS electives with particular relevance to **clinical dietetics** may include: *Psychology, Sociology*

ARTS electives with particular relevance to **population and public health** may include: *Sociology, Anthropology, Development Studies, Political Science, Economics*

ARTS electives with particular relevance to **food service management** may include: *Economics, Psychology, Sociology*

Honours & Advanced Major Degrees in Human Nutrition

The normal sequence for the **BSc in HNU with Advanced Major** is identical to **B.Sc. in HNU Major** with the addition of HNU 491: Advanced Major and Honours Seminar in year 4. **The BSc in HNU with Honours** requires **HNU 485: Research Methods: Application & Analysis in year 3; HNU 491, HNU 490** (a 6-credit thesis course) **in year 4**; and a minimum of 18 credits in HNU electives at the 300 level or higher. There are only 12 credits of open electives in the honours degree.

Year 4 Honours (Note: Register in HNU 491 Seminar for the full academic year)

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|---|-----------------------|---|--------------------------------|
| <input type="checkbox"/> HNU 405 | Food Availability | <input type="checkbox"/> HNU 475 | Effecting Change |
| <input type="checkbox"/> _____ | Elective (open) | <input type="checkbox"/> HNU 452 | Clinical Nutrition |
| <input type="checkbox"/> _____ | Elective (open) | <input type="checkbox"/> HNU 456 | Food Service System Management |
| <input type="checkbox"/> HNU 490 | Honours thesis | <input type="checkbox"/> HNU 490 | Honours thesis |
| <input type="checkbox"/> _____ | Elective (open) | <input type="checkbox"/> _____ | Elective (open) |

Note: OPEN electives may be used to take Human Nutrition elective courses.

Human Nutrition Electives[#]

Fall Term:

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| HNU 366 | Maternal and Child Nutrition |
| BSAD 356/HNU 471 | Entrepreneurship/Entrepreneurial Practices for HNU |
| NURS 433/HNU 433 | Introduction to Policy for Health Interdisciplinary Strategies |

HNU Prerequisite

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| HNU 262 |
| BSAD 102 |
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Winter Term:

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|------------------|---|-------------------|
| HNU 328 | Functional Foods | HNU 146/STATS 101 |
| HNU 363 | Sport Nutrition | HNU 262/CHEM 255 |
| HLTH 301/HNU 421 | Global Health/Food & Nutrition for Global Health Equity | HNU 142 |
| HNU 425 | Nutrition in Aging | HNU 262/BIOL 252 |
| HNU 445 | Food Product Development (with lab); offered in alternate years (2025-26) | HNU 146 |

[#]Students should confirm course availability and term selection for elective courses with the Office of the Registrar prior to registration.

Note: The normal sequence for meeting requirements for application to accredited practicum programs (either the StFX Integrated Dietetic Internship (IDI) program or a Graduate practicum program and/or Masters with dietetic practicum programs in Canada) is identical to B.Sc. in HNU Major, Advanced Major or Honours degree patterns with the selection of HNU 225, 355(352), 356, 452, 456 and 485 as HNU electives.

IDI Policy: Students must have an overall average of 70 in the HNU degree, a minimum overall average of 75 in HNU courses, a minimum grade of 65 in each of HNU 351, 355(352) and 452 and satisfy the criteria for acceptance.