**Applied Human Nutrition (AHN)- Program Plan**

Please refer to [**2021- 2022 Academic Undergraduate Calendar**](https://calendar.uoguelph.ca/undergraduate-calendar/programs-majors-minors/applied-human-nutrition-ahn/#requirementstext) for official program information.

Name: ID#: Date:

***Course offerings are subject to change. Courses may have scheduling changes, priority access, restrictions or be offered through Distance Education (DE) only. Please check*** [***WebAdvisor***](https://webadvisor.uoguelph.ca/WebAdvisor/WebAdvisor?TYPE=M&PID=CORE-WBMAIN&TOKENIDX=3791662903) ***for further information and watch for email messages from the Applied Human Nutrition Listserv.***

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| --- | --- | --- | --- | --- |
| **Semester** | **Offered** | **Course Code** | **Course Title** | [**Prerequisite(s)/Co-requisites/ Restrictions**](https://calendar.uoguelph.ca/undergraduate-calendar/course-descriptions/) |
| 1  *Fall* | F W | CHEM\*1040 | General Chemistry I | 4U Chemistry (or equivalent) or CHEM\*1060 |
| S F W | PSYC\*1000 | Introduction to Psychology | Priority Access |
| F W  F W | One of:  HTM\*2700  NUTR\*1010 | Understanding Foods\*  Introduction to Nutrition | See Undergraduate Calendar for Restrictions  Priority Access |
|  |  | Elective |  |
|  |  | Elective |  |
| \***Note:** HTM\*2700 is recommended for Semester 1 if capacity allows, by may also be taken in Sem. 2 by choosing NUTR\*1010 in Sem.1 | | | |
| 2  *Winter* | F W | CHEM\*1050 | General Chemistry II | CHEM\*1040 |
| W | NUTR\*1020 | Professional Practice in Applied Nutrition | Restricted to students in BASc. AHN major |
| F W  F W | **One of:**  HTM\*2700  NUTR\*1010 | Understanding Foods  Introduction to Nutrition | See Undergraduate Calendar for Restrictions  Priority Access |
| S22DE W  S F W | **One of:**  FRHD\*1020  SOC\*1100 | Couple and Family Relationships  Sociology | Priority Access |
|  |  | Elective |  |
| \*See note in Semester 1 | | | |
| 3  *Fall* | S F W | BIOC\*2580 | Introductory Biochemistry | CHEM\*1050 |
| F W | HTM\*2030 | Control Systems in the Hospitality Industry | 4.00 credits. See Undergraduate Calendar for Restrictions. |
| F | NUTR\*2050 | Nutrition Through the Life Cycle | NUTR\*1010, Priority Access |
| F | STAT\*2080 | Introductory Applied Statistics I | See Undergraduate Calendar |
|  |  | Elective |  |
| **\*Note:** HTM 2030 is recommended to be taken in Semester 3 if capacity allows, however it may be taken in Semester 4. If taken in Semester 4, take HROB 2090 in Semester 3. | | | |
| 4  *Winter* | SDE FDE W | BIOM\*3200 | Biomedical Physiology (**1.00 credit**) | BIOC\*2580 |
| F W | HROB\*2090 | Individuals and Groups in Organizations | Restriction(s): HROB\*2100, HROB\*4000,  PSYC\*3080 |
| S F W | MICR\*2420 | Introduction to Microbiology | 4.00 credits including (1 of BIOL\*1070, BIOL\*1080, BIOL\*1090, CHEM\*1040), Priority Access |
| W | STAT\*2090 | Introductory Applied Statistics II | STAT\*2080 |
| \*See Note in Semester 3 | | | |
| 5  *Fall* | F | FRHD\*3070 | Research Methods - Family Studies | 4.50 credits, in BASc program |
| S F W | NUTR\*3210 | Fundamentals of Nutrition | BIOC\*2580 |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
| **\*Note:** Students planning to apply for a dietetic internship must take [HTM\*3090](http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c12/c12htm.shtml#HTM3090) Restaurant Operations Management. [HTM\*3090](http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c12/c12htm.shtml#HTM3090) is recommended in Semester 5 in place of elective or restricted elective if capacity allows, but it may also be taken in Semester 6.  If taken in Semester 6 take FRHD\*3400 and HROB\*2290 in Semester 5. | | | |

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| 6  *Winter* | F W | FRHD\*3400 | Communication and Counselling Skills | 4.00 credits including (1 OF ANTH\*1150, FRHD\*1010, FRHD\*1020, FRHD\*1100, PSYC\*1000, SOC\*1100), Priority Access |
| F W | HROB\*2290 | Human Resource Management | 1 of BUS\*2090, BUS\*2220, HROB\*2090.  Restriction(s): BUS\*3000, HROB\*2100, HROB\*3000, PSYC\*3070  Priority Access |
| W | NUTR\*3070 | Nutrition and Physical Interventions | FRHD\*3070, NUTR\*2050, Priority Access |
| W | NUTR\*3090 | Clinical Nutrition I **(1.00 credit)** | BIOM\*2000 or BIOM\*3200, FRHD\*3070, NUTR\*2050, NUTR\*3190 or NUTR\*3210, STAT\*2090. AHN Major  Co-requisite: FRHD\*3400 |
| 7  *Fall* | F | NUTR\*4010 | Nutritional Assessment | 14.50 credits, including NUTR\*2050, NUTR\*3210. AHN major |
| F | NUTR\*4070 | Nutrition Education | FRHD\*3400, NUTR\*2050. Priority Access |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
| **\*\*Note:** Students completing an Area of Emphasis in Dietetics must take the following course in place of electives or restricted electives: | | | |
| F | NUTR\*4040 | Clinical Nutrition II | 14.50 credits including NUTR\*3090, (BIOM\*2000 or BIOM\*3200). AHN major |
| 8  *Winter* | W | NUTR\*4900 | Selected Topics in Human Nutrition | FRHD\*3070, NUTR\*3090, NUTR\*4010.  AHN major |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
|  |  | Elective or restricted elective\*\* |  |
| **\*Note**: With approval from the instructor, students may substitute NUTR\*4810 and NUTR\*4910 for NUTR\*4900 | | | |

**\*\*Note: Students who are not completing an Area of Emphasis in Dietetics are not required to complete restricted electives**

**The following additional courses (1.50 credits) and restricted electives (1.50 credits) are required for an Area of Emphasis in Dietetics:**

(FW) HTM\*3090 Restaurant Operations Management (Semester 5 or 6) [1.00 credit]

(F) NUTR\*4040 Clinical Nutrition II (Semester 7) [0.5 credit]

**Restricted Electives (1.50 credits required):**

In addition to the 14.50 required credits listed above, students must take 1.50 restricted electives, including one 3000 level course, from the list below. See [**2021-2022 AHN Academic Undergraduate Calendar**](https://calendar.uoguelph.ca/undergraduate-calendar/programs-majors-minors/applied-human-nutrition-ahn/#requirementstext)for course pre-requisites, restrictions and updated course offerings.

If you are interested in any of the topics in the boxes, select only one course per box.

(SW) FOOD\*2010DE Principles of Food Science [0.50]

(S) FOOD\*2400DE Introduction to Food Chemistry [0.50] **or** (F) FOOD\*3030 Food Chemistry [0.50] **or** (F) FOOD\*3050 [0.50]

(W) FOOD\*2410DE Introduction to Food Processing [0.50] **or** (F) FOOD\*3160 Food Processing [0.75]

(F) FOOD\*2420DE Introduction to Food Microbiology [0.50] **or** (F) FOOD\*3230 Food Microbiology [0.75] **or** (F) FOOD\*3240 [0.50]

(F) FOOD\*3430DE Introduction to Food Analysis [0.50]

(W) FOOD\*3700 Sensory Evaluation of Foods [0.50]

(F) HTM\*2740 Cultural Aspects of Food [0.50] *\*Contact HTM department for course offerings, not offered in F21*

(F) HTM\*3780DE Managing Food in Canada [0.50] *\*Contact HTM department for course offerings, not offered in F21*

(W) NUTR\*3110 Food Security [0.50]

(W) NUTR\*3150 Aging and Nutrition [0.50]

**Notes:**

1. Some of the restricted electives require prerequisites that are not included in the major
2. Students who do not have standing in 4U Biology, or equivalent, must substitute BIOL\*1020 for SOC\*1100 in Semester 1. Semester 2 must include SOC\*1100 if this substitution is made.
3. Students completing an Area of Emphasis in Dietetics must take HTM\*3090 Restaurant Operations Management. HTM\*3090 is recommended in Semester 5 in place of elective or restricted elective if capacity allows, but it may also be taken in Semester 6. If taken in Semester 6 take FRHD\*3400 Communication and Counselling Skills and HROB\*2290 Human Resources Management in Semester 5.
4. Students completing an Area of Emphasis in Dietetics must take NUTR\*4040 Clinical Nutrition II.
5. NUTR\*4810 Applied Human Nutrition Thesis I (0.50) is normally taken in semester 7 and NUTR\*4910 Applied Human Nutrition Thesis II (1.0) in semester 8. Students enrolled in the AHN Thesis course do not take NUTR\*4900 Selected topics in Human Nutrition

*Updated Aug 3, 2021*