

## Applied Human Nutrition (AHN)- Program Plan

Please refer to [2021- 2022 Academic Undergraduate Calendar](#) 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](#) for further information and watch for email messages from the Applied Human Nutrition Listserv.**

Semester	Offered	Course Code	Course Title	<a href="#">Prerequisite(s)/Co-requisites/Restrictions</a>
1 <i>Fall</i>	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	
<b>*Note:</b> 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 <i>Winter</i>	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	<b>One of:</b> HTM*2700 NUTR*1010	Understanding Foods Introduction to Nutrition	See Undergraduate Calendar for Restrictions Priority Access
	S22DE W S F W	<b>One of:</b> FRHD*1020 SOC*1100	Couple and Family Relationships Sociology	Priority Access
			Elective	
<b>*See note in Semester 1</b>				
3 <i>Fall</i>	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	
<b>*Note:</b> 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 <i>Winter</i>	SDE FDE W	BIOM*3200	Biomedical Physiology ( <b>1.00 credit</b> )	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
	<b>*See Note in Semester 3</b>			
5 <i>Fall</i>	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**	
<b>*Note:</b> Students planning to apply for a dietetic internship 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 and HROB*2290 in Semester 5.				

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**	
	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**	
			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](#) 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 F2 1

(F) HTM\*3780DE Managing Food in Canada [0.50] \*Contact HTM department for course offerings, not offered in F2 1

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

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

**Notes:**

- Some of the restricted electives require prerequisites that are not included in the major
- 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.
- 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.
- Students completing an Area of Emphasis in Dietetics must take NUTR\*4040 Clinical Nutrition II.
- 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