College of Human Sciences

“I see myself as a resource for families and communities – perhaps working with local or federal services or education agencies. I want to learn more about food product development for industry or perhaps nutrition research.”

The College of Human Sciences is powered by a passion for people dedicated to the science of living and learning. Students in this college have had careers as teachers, health professionals, nutrition experts, and financial planners. No matter what major you choose, you can expect hands-on opportunities as part of your education. You will gain real-world experience through internships that prepare you for your future career in changing lives!

Qualifying Degree Programs*:
Tap the major you are interested in to learn more!

Culinary Science
Diet and Exercise
Dietetics
**Elementary Education
(with math or science emphasis)
Food Science
**Kinesiology and Health
Secondary Education (teaching in a technical area; students preparing to become a secondary school teacher usually major in the discipline they intend to teach)
Nursing (transfer with AA degree completed)
Nutritional Science

Degree may be listed in more than one college *Qualifying majors may change based on the programs of study. Science Bound makes the final decision regarding which majors qualify for the scholarship. ** Student must work with SB staff to ensure acceptance. ***Students entering as Open Option must discuss courses with SB staff.
CULINARY FOOD SCIENCE

Overview
Develop basic culinary skills along with knowledge of the accompanying science

Foundation
Build a strong foundation in science while learning basic culinary skills.

Interest
If you like to experiment with food and enjoy creating recipes, this major might be right for you.

Learning
- Study food chemistry, nutrition, and microbiology
- Food safety, sanitation, quantity production
- Fine dining management
Program:
You will apply to graduate admission at the beginning of junior year

Only accredited Didactic Program in Dietetics within Iowa

Learning:
Earn both a bachelor’s and master’s degree in 5-6 years.

Advanced study in the theory and application of nutrition and exercise science

Careers:
Wellness educator/instructor
Dietitian & health fitness instructor
Cardiac rehabilitation coordinator/dietitian
Corporate/school wellness educator
Preventive medicine coordinator
Sport enhancement specialist
Dietetics

Dietitians:
are nutrition experts who strive for optimal health & nutrition of individuals

Study:
basic sciences, nutrition, & food science apply medical dietetics, nutrition counseling, and education

Career Groups:
Clinical Nutrition, Education, Community, Food & Nutrition Management, Consultation, and Business
Elementary Education
(with math or science emphasis)

Program:
prepares you to teach K-6th grade in an elementary classroom and kindergarten through 8th in a chosen endorsement area

Learning:
• Confidently teach math & science
• Facilitate your students’ intellectual, social, emotional, and cultural development
• Use cutting-edge technology

Experience:
• Design an environment conducive to learning for your students, no matter their ages
• Gain clinical experience
  ◦ Get into classrooms your freshman year!
FOOD SCIENCE

ABOUT:
The process of food from the time it leaves the farm until consumers buy the food products.

STUDY:
Apply chemistry, biology, and physics to improve food quality, safety, and nutrition & develop new food products.

CAREERS:
Food quality, food engineering, product development, food chemistry, sensory science, marketing & sales.
KINESIOLOGY & HEALTH

Study: biological & behavioral aspects of human movement through biomechanics, exercise physiology, and motor behavior & control

5 specialization options:
• Community/Public health
• Exercise Science
• Physical Activity and Health Promotion
• Physical Education Teacher Education
• Pre-Health Professions

Major: Kinesiology and health is the largest major in the College of Human Sciences

Career options:
• Teaching and coaching
• Health promotion
• Athletic training
• Graduate programs
  ○ physical therapy, human medicine, physical assistant, and others.
Secondary Education
(teaching in a technical area)

Students interested in pursuing secondary education (middle school or high school) will choose a major in their area of interest and enroll in the college where that major is located.

Iowa State has 13 undergraduate teacher prep areas including:
- Chemistry
- Health
- Biology
- Math

This program will prepare you by encouraging you to become an expert in your subject matter and provide you with clinical experience!
Nutritional Science

Students learn:

- How diet can play a crucial role in the cause, treatment, and prevention of many diseases.

Pre-health and research:

- Prepares you for research labs, grad study or health professional programs

Nutrition & wellness:

- Prepare for program planning and evaluation for public interest in nutrition, wellness, and preventative health

Department offers:

- a nutrition minor