

## 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."*

## IOWA STATE UNIVERSITY

Director of Multicultural Student Success:

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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!

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### 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**

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*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.*







# Diet & Exercise



## 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

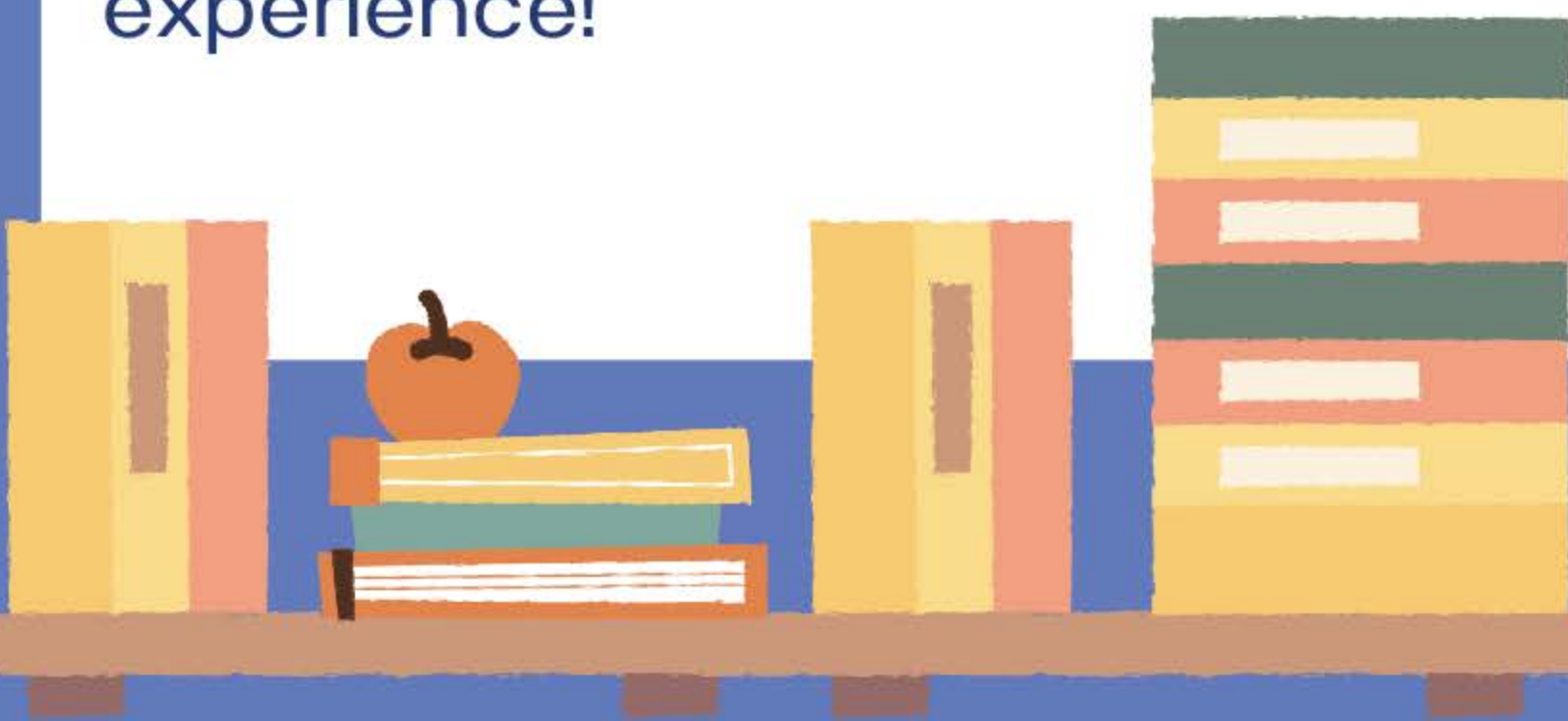
**(teaching in a technical area)**

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.

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## Pre-health and research:



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

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## Nutrition & wellness:



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

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Department offers:  
a nutrition minor

