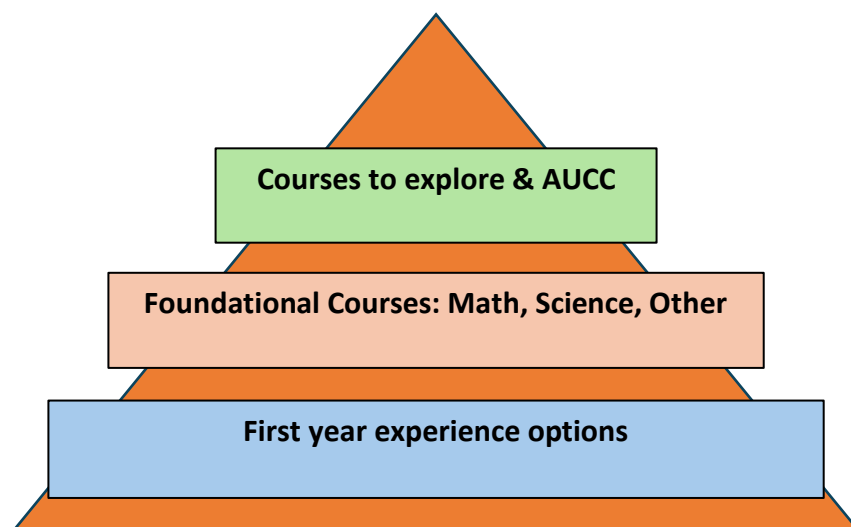


## EXHF: Health, Life and Food Science

Your interests may include learning about organ systems and cells, their relation to you as a human, and how to make an impact on living beings through science. **Be sure to check out all of the options on the Exploratory Studies website.** [Major Track: Health, Life and Food Science](#)



**The course registration pyramid – our framework for course selection**

### **FIRST YEAR EXPERIENCE options – choose one:**

First year experience options are for first-time, first-year students. They include a first-year seminar course designed to foster connection, academic success, and exploration. Please talk with your advisor about the option best for you.

<b>Key communities Cluster</b> (seminar + 2 AUCC classes)	<b>Seminar Super-Cluster</b> (IU172 + composition + & AUCC Arts & Humanities class)	<b>Seminar Cluster</b> (IU172 + composition class)	<b>Stand-alone seminar</b> (IU172)	<b>Explorer's Challenge</b> (independent exploration)
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### **FOUNDATIONAL course options:**

**Important note:** MOST majors in this track require college algebra and some require calculus. Math is recommended in the first year. Completing the math placement tool is helpful prior to orientation (or first day of classes).

1 <sup>ST</sup> Semester (algebra-ready - recommended)	2 <sup>nd</sup> Semester
<p><b>Math: Complete algebra</b></p> <ul style="list-style-type: none"> <li>MATH117, 118, 124, OR</li> <li>MATH120</li> </ul> <p><b>Science options:</b></p> <ul style="list-style-type: none"> <li>LIFE102: Attributes of Living Systems</li> <li>LIFE103: Biology of Organisms</li> <li>Or other science recommended by ASC</li> </ul>	<p><b>Math:</b></p> <ul style="list-style-type: none"> <li>MATH125, 126 (if needed)</li> </ul> <p><b>Science options (same as 1<sup>st</sup> semester, plus):</b></p> <ul style="list-style-type: none"> <li>CHEM107/108: Foundations of Chemistry w/ lab</li> <li>CHEM111/112: General Chemistry w/ lab</li> </ul>
1 <sup>st</sup> semester (not yet ready for algebra)	2 <sup>nd</sup> Semester
<p><b>Math: Complete ELM Tutorial</b></p> <p><b>Science options:</b></p> <ul style="list-style-type: none"> <li>LIFE102: Attributes of Living Systems</li> <li>LIFE103: Biology of Organisms</li> <li>Or, other science recommended by ASC</li> </ul>	<p><b>Math: complete algebra</b></p> <ul style="list-style-type: none"> <li>MATH117, 118, 124, OR</li> <li>MATH120</li> </ul> <p><b>Science options (same as 1<sup>st</sup> semester):</b></p>

## COURSES TO EXPLORE and AUCC requirements:

- AGED 220: Understanding Agricultural Education (fall only)
- AGRI116 / IE116: Plants & Civilizations (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- AGRI270 / IE270: Population and Food (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- ANEQ101: Food Animal Science
- ANTH100: Introduction to Cultural Anthropology (also satisfies AUCC 3C: Social & Behavioral Science)
- AREC222: Economics of Food Systems
- ECON211: Gender & the Economy (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- ETST100: Introduction to Ethnic Studies (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- FSHN115: Health Equity
- FSHN150: Survey of Human Nutrition
- FSHN220: Introduction to Nutrition for Sports & Fitness
- FTEC115: Cultural Aspects of Fermented Foods
- FTEC210: Science of Food Fermentation
- FTEC280A2: Beer Styles and Tasting Food Technology (must be 21 years old)
- HDFS101: Individual & Family Development (also satisfies AUCC 3C: Social & Behavioral Science)
- HDFS201: Perspectives in Gerontology
- HES145: Health & Wellness (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- HES202: Introduction to Exercise Physiology
- HORT/LAND 192: Orientation to Horticulture/Landscape Architecture
- IU173: Thinking toward a Thriving Planet (also satisfies AUCC categories – varies by topic)
- IU174: Questions for Human Flourishing (also satisfies AUCC categories – varies by topic)

## EXHF: Health, Life and Food Science

### COURSES TO EXPLORE and AUCC requirements (continued):

- OT110: Introduction to Occupational Therapy
- OT215: Medical Terminology
- PHIL103: Moral & Social Problems (also satisfies AUCC 3B: Arts & Humanities)
- PHIL205: Introduction to Ethics (30 credit min)
- PSY100: General Psychology (also satisfies AUCC 3C: Social & Behavioral Science)
- PSY152: Science of Learning (also satisfies AUCC 3C: Social & Behavioral Science)
- RRM 101: Introduction to Hospitality Industry
- RRM255: Introduction to Culinary Travel
- SOC205: Sociology of Race (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- SOC271: Body and Society (also satisfies AUCC 3C: Social & Behavioral Science)
- SOCR100: General Crops (fall only)
- SOWK130: Identity, Power, and Social Justice (also satisfies AUCC 1C: Diversity, Equity & Inclusion)
- SOWK150: Introduction to Social Work
- WS200: Introduction to Women's Studies (also satisfies AUCC 3C: Social & Behavioral Science)

#### Next-level Exploration (has prerequisites or is an upper-level course):

- AGRI330: Agricultural & Food System Ethics (spring only)
- ANTH379: Evolutionary Medicine & Human Health
- ERHS220: Environmental Health
- LSPA340, 343 and 346 Spanish for Animal Health, Agriculture or Human Health (select terms)
- OT355: The Disability Experience in Society
- SOC324: Food Justice, and SOC344: Health, Medicine & Society (both fall only) \*\*majors only until release date\*\*
- SOWK371: Social Work Fields of Practice – select topics

Please visit <https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/> for AUCC options