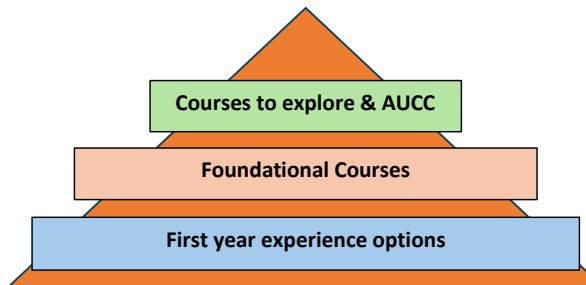


EXHF: Health, Life and Food Science

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.

Key communities Cluster (seminar + 2 AUCC classes) <i>**must apply and be admitted to the Key communities**</i>	Seminar Cluster (IU172 + composition class) <i>**some students pre-registered, but open to all students**</i>	Stand-alone seminar (IU172)	Explorer's Challenge (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 st Semester (algebra-ready - recommended)	2 nd Semester
Math: Complete algebra <ul style="list-style-type: none">MATH117, 118, 124, ORMATH120 Science options: <ul style="list-style-type: none">LIFE102: Attributes of Living SystemsLIFE103: Biology of OrganismsOr other science recommended by ASC	Math: <ul style="list-style-type: none">MATH125, 126 (if needed) Science options (same as 1st semester, plus): <ul style="list-style-type: none">*CHEM107/108: Foundations of Chemistry w/ lab*CHEM111/112: General Chemistry w/ lab

1 st semester (not yet ready for algebra)	2 nd Semester
Math: Complete ELM Tutorial Science options: <ul style="list-style-type: none"> • LIFE102: Attributes of Living Systems • LIFE103: Biology of Organisms • Or, other science recommended by ASC 	Math: complete algebra <ul style="list-style-type: none"> • MATH117, 118, 124, OR • MATH120 Science options (same as 1st semester):

**students interested in a health/medical programs should consult a health professions advisor to determine correct chemistry placement.*

COURSES TO EXPLORE and AUCC requirements:

- AHS 280A1: Self Identity & Perception of Others (also satisfies AUCC 1C)
- AGED 220: Understanding Agricultural Education (fall only)
- AGRI116 / IE116: Plants & Civilizations (also satisfies AUCC 1C)
- 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)
- ETST100: Introduction to Ethnic Studies (also satisfies AUCC 1C)
- FSHN115: Health Equity
- FSHN150: Survey of Human Nutrition
- FSHN220: Introduction to Nutrition for Sports & Fitness
- FTEC115: Cultural Aspects of Fermented Foods (also satisfies AUCC 1C)
- FTEC210: Science of Food Fermentation
- FTEC205: Beer Styles and Tasting Food Technology (must be 21 years old)
- HDFS101: Lifespan Development (also satisfies AUCC 3C: Social & Behavioral Science)
- HDFS201: Perspectives in Gerontology
- HES145: Health & Wellness (also satisfies AUCC 1C)
- HES202: Introduction to Exercise Physiology (also satisfies AUCC 3A: Biological & Physical Sciences – F25)
- IU173B: Thinking toward a Thriving Planet (also satisfies AUCC categories – varies by topic)
- IU174B: Questions for Human Flourishing (also satisfies AUCC categories – varies by topic)
- MIP 292 – Early Career Preparation in Microbiology – 2 credits
- OT110: Introduction to Occupational Therapy (online only)
- OT215: Medical Terminology (online only)
- 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: Hospitality & Event Industry
- RRM255: Introduction to Culinary Travel
- SOC205: Sociology of Race and Racism (also satisfies AUCC 1C)
- SOC271: Body and Society (also satisfies AUCC 3C: Social & Behavioral Science)

- SOCR100: General Crops (fall only)

EXHF: Health, Life and Food Science

COURSES TO EXPLORE and AUCC requirements (continued):

- SOWK130: Identity, Power, and Social Justice (also satisfies AUCC 1C)
- 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):

- ERHS220: Environmental Health
- LSPA340, 343 Spanish for Animal Health & Agriculture (select terms)
- OT355: The Disability Experience in Society (online only)

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

Commented [Ja1]: Looks like we need to explain what the * is for - and maybe we should add it to the end of the major rather than at the beginning.