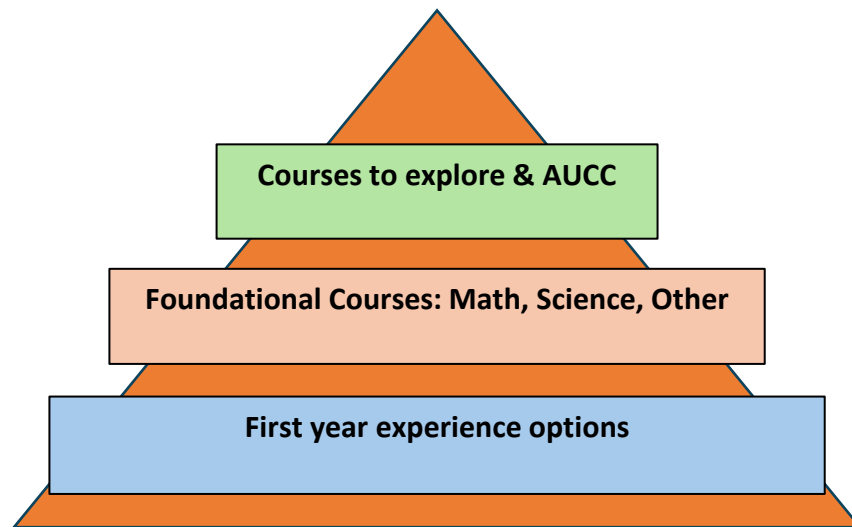


EXHF: Health, Life and Food Science

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 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 best option for you.

Key communities Cluster (seminar + 2 AUCC classes)	Seminar Cluster (IU172 + composition class)	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
<p>Math: Complete algebra</p> <ul style="list-style-type: none"> • MATH117, 118, 124, OR • MATH120 <p>Science options:</p> <ul style="list-style-type: none"> • LIFE102: Attributes of Living Systems • LIFE103: Biology of Organisms • Or other science recommended by ASC 	<p>Math:</p> <ul style="list-style-type: none"> • MATH125, 126 (if needed) <p>Science options (same as 1st semester, plus):</p> <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
<p>Math: Complete ELM Tutorial</p> <p>Science options:</p> <ul style="list-style-type: none"> • LIFE102: Attributes of Living Systems • LIFE103: Biology of Organisms • Or, other science recommended by ASC 	<p>Math: complete algebra</p> <ul style="list-style-type: none"> • MATH117, 118, 124, OR • MATH120 <p>Science options (same as 1st semester):</p>

COURSES TO EXPLORE and AUCC requirements:

- 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
- FSHN 271: Integrative Wellness Coaching I (Requires FSHN 150)
- FSHN 235: Eating the American Story (also satisfies AUCC 3D: Historical Perspectives)
- FTEC115: Cultural Aspects of Fermented Foods (also satisfies AUCC 1C)
- FTEC155: Introduction to Food Science
- FTEC210: Science of Food Fermentation
- FTEC205: Beer Styles and Tasting Food Technology (must be 21 years old)
- FTEC292: Careers in Fermentation and Food Science (spring only)
- HDFS101: Lifespan Development (also satisfies AUCC 3C: Social & Behavioral Science)
- HDFS201: Current Topics in Health Aging
- HDFS 275: Foundational Helping Skills (requires instructor approval)
- HDFS 286C Practicum – Pre-Health Professions (Requires HDFS 101 or PSY 100, may be taken concurrently)
- HEM 101: Hospitality & Event Industry
- HEM 255: Introduction to Culinary Travel
- HEM 260: Introduction to Event Management
- HES145: Health & Wellness (also satisfies AUCC 1C)

EXHF: Health, Life and Food Science

COURSES TO EXPLORE and AUCC requirements

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

- BZ 220: Intro to Evolution
- ERHS220: Environmental Health
- FSHN 340: Food as Medicine (spring only)
- FSHN 361: Global Nutrition (select terms)
- HEM 335/FSHN 335: Food, Society and Social Media
- LSPA340, 343 Spanish for Animal Health & Agriculture (select terms)
- OT355: The Disability Experience in Society (online only)
- SOWK 220: Intersectionality and Identity (Perquisite: SOWK 130 and SOWK 150)

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