Human Nutrition, Foods and Exercise

New Student Meeting Fall 2026

Introduction to HNFE and Our Community

HNFE Advising

a. All students will be assigned an academic advisor. Students should regularly check VT email and the HNFE Academic Advising site as this is our main mode of communication.
b. Appointments scheduled through VT Navigate: https://vt.campus.eab.com/home
c. Appointments during the year can be either Zoom or in-person
d. Drop-in Advising: Every Wednesday 1:30-4:30pm. Wallace Hall 332A-C
e. Health Professions Advising: http://career.vt.edu/advising/hpa.html

Student Resources

a. Many resources are available on campus – we encourage our students to attend drop-in help sessions, group tutoring, study sessions, etc. whenever possible. Some examples:
    i. Student Success Center: individual tutoring, group tutoring, drop-in help sessions, academic success workshops http://www.studentsuccess.vt.edu/index.html
    ii. Academic Resource Centers in dorms
    iii. Cook Counseling Center: online study skills modules www.ucc.vt.edu
    iv. Professor's office hours / review sessions
    v. Career Services www.career.vt.edu

Department Restriction

a. Please refer to the checksheet for specific details on the restriction and satisfactory progress. Your student will receive copies of both checksheets.
b. In-major GPA requirement: 2.5 or higher for all HNFE students
c. Overall GPA requirement for Exercise & Health Sciences: 2.5 or higher
d. Overall GPA requirement for Nutrition & Dietetics: 3.0 or higher
e. Grade requirements: All students must earn a C- or better in General Chemistry, Organic Chemistry, and a C or higher in Foods, Nutrition and Exercise (HNFE 1004).

Student Athletes: You will have an athletic advisor from the Student Athlete Academic Support Services, but we are your academic advisors! Anything regarding classes for your degree in HNFE must be discussed with your HNFE Academic Advisor!

HNFE: The Curriculum and Graduation Requirements

HNFE Curriculum. One Degree, Two Majors

Exercise & Health Sciences

Nutrition & Dietetics

Common Schedules

Options and choices based on math background, chemistry readiness, English placement, desired credit hour load, incoming credits, and personal choice. Advisors make recommendations, students make the informed decision.

Students will spend several weeks during fall semester building a plan of study. The following example schedules are only to show prerequisites and possibilities of how to begin.

Common courses in the first year. Typically ~15 credits per semester					
FALL			**SPRING**		
Course Number	**Course Title**	**Credits**	**Course Number**	**Course Title**	**Credits**
HNFE 1114	HNFE First Year Seminar	1	BIOL 1106	Principles of Biology	3
HNFE 1004	Foods, Nutrition and Exercise	3	BIOL 1116	Principles of Biology lab	1
BIOL 1105	Principles of Biology	3	CHEM 1035	General Chemistry	3
BIOL 1115	Principles of Biology lab	1	CHEM 1045	General Chemistry Lab	1
ENGL 1105 [1]	Freshmen English	3	ENGL 1106	Freshmen English	3
MATH 1025 [3]	Elementary Calculus	3	MATH 1026	Elementary Calculus	3
			HNFE 2824	Athletic Injuries	2
PSYC 1004	Intro Psychology	3	HNFE 2334	Intro Integrative Health	3
CHEM 2984	Calculations in Chemistry	3	FST 2014	Intro Food Science (required for DIET)	2
	General Education or other elective	3			

English

1. There are many options for General Education Concept 1. ENGL 1105 is pre-loaded for course registration. Students who have ENGL 1105 / 1106 credit do not need to retake the course(s) at Virginia Tech. If only one of the courses was taken, the student will need the other. Students will work with their advisor on appropriate course.

Chemistry – students received emails about CHEM 1035 placement through Slate.

2. CHEM 1035: Not all students are ready to begin with both biology and chemistry, and many students benefit from taking at least one semester of math prior to chemistry.

To enroll in CHEM 1035/1045, one of the following must be met:

Have credit for calculus through AP / IB / Dual Enrollment **or** earn the minimum score on the ALEKS Placement Assessment. https://chem.vt.edu/academics/undergraduate/chem-readiness.html

Students who take CHEM 1035/1045 in the spring can take 1036/1046 in the summer at Virginia Tech **or** another institution. CHEM 1036 can also be taken during fall semester.

- EAHS option has 3-yr chemistry sequence so there are no problems with CHEM 1035 in spring or next fall.
- DIET option has 4-yr chemistry sequence. Beginning CHEM 1035 in spring is fine (and often recommended) but this means at least one summer course at some point.

CHEM TEAM: HNFE provides a supplemental instruction program for Chemistry. Debbie Pollio dlpollio@vt.edu directs this program. Students attend weekly meetings and there are also study-a-thons just before exams.

Math

[4] Not all students should begin with calculus. Students who have not had calculus may want to enroll in MATH 1014: Precalculus with Transcendental Functions. MATH course descriptions are below:

> 1014: PRECALCULUS WITH TRANSCENDENTAL FUNCTIONS
> Precalculus college algebra, basic functions (algebraic, exponential, logarithmic, and trigonometric), conic sections (parabolas, circles, ellipses, hyperbolas), graphing techniques, basic probability. Use of spreadsheet software.
>
> 1025-1026: ELEMENTARY CALCULUS
> 1025: Differential calculus, graphing, applications for the life sciences. Use of spreadsheet software. Assumes 2 units of high school algebra, 1 unit of geometry, 1/2 unit of trigonometry, and 1/2 unit of precalculus. 1026: Integral calculus, numerical techniques, elementary differential equations, applications for the life sciences. Use of spreadsheet software.

Schedule Comments

a. **AP / IB :** Individual professional schools vary in specific guidelines regarding applicants with **"credit-only"** for pre-requisite science courses. It is often recommended to take science courses at Virginia Tech. Please discuss this with your academic advisor.

What transfers? Go to www.registrar.vt.edu Transferrable Credit
View guides for AP / IB / CLEP
Transfer Guide: community colleges and other institutions

b. **AP / IB / Dual Enrollment:** Not all scores / grades have been received or processed. Submit the Expected Credits Worksheet so we know what you may have coming. Also make sure your scores / grades have been sent and periodically check the transcript or transfer credits section of Hokie Spa. **Notify your advisor** if you received credit for courses that are on your schedule as the credit may affect fall courses.

c. **Credit hours**: **12-17** is normal academic load with 12 being the minimum for full-time student status.

d. **Prerequisites:** the HNFE curriculum is designed for courses to build on each other. There are many course sequences in the curriculum and students must pay close attention to these as they build their plan of study. If students make an adjustment to their plan they should communicate with their advisor to ensure they will meet graduation requirements.

Example: *General Chemistry Organic Chemistry Biochemistry Metabolic Nutrition.*