

Health, Nutrition and Exercise Science

www.ndsu.edu/hnes/

Interim Department Head: Dr. Margaret Fitzgerald

Graduate Coordinator: Dr (Bryan.Christensen.1@ndsu.edu), Bryan Christensen

Program Location: Bentson Bunker Fieldhouse

Telephone Number: (701) 231-6737

Degrees Offered: M.S., MATrg, Ph.D.

Application Deadlines: Exercise Science/Nutrition option: March 1 for fall only;

Leadership in Physical Education and Sport option: Enrollment is limited to 20 students.

Applications reviewed after April 1 until all available slots are filled.

Test Requirements: GRE required only for Exercise /Nutrition Science Option

English Proficiency TOEFL ibT 100

Requirements: IELTS 7

Program Description

The Department of Health, Nutrition and Exercise Sciences (HNES) offers graduate study leading to the Master of Science (M.S.) degree in HNES with options in Exercise/Nutrition Science and Leadership in Physical Education and Sport. The HNES department also offers a Master of Science (M.S.) in Dietetics (on line), Master of Science (M.S.) in Advanced Athletic Training and a Master of Athletic Training (MATrg) degree.

Exercise/Nutrition Science Option

The Exercise/Nutrition Science option prepares the graduate for advanced positions with an emphasis in the areas of physical activity, exercise science, nutrition, and health promotion. The department is devoted to researching and understanding the long-term effects of physical activity and nutrition, and translating this research into effective exercise science and wellness programs for children, adolescents, and adults of all ages. This option is appropriate for athletic trainers, nutrition, and exercise science graduates.

Leadership in Physical Education and Sport Option

The Leadership in Physical Education and Sport (LPES) option is an on-line program that prepares teachers and coaches to become actively engaged in leadership roles within school systems or professional organizations. This degree prepares students to be master teachers, head coaches, department heads, and activities directors at the interscholastic level; assistant coaches, lecturers, and assistant or lead directors at the intercollegiate level; and to become actively engaged in leadership roles within professional organizations.

Dietetics (On-line)

Dietetics is one of the most dynamic and versatile of the health-related professions, and this program prepares registered dietitians to practice at an advanced level or pursue doctoral study. The Great Plains IDEA (http://www.ndsu.edu/hnes/dietetics_on_line) program in Dietetics

provides opportunities for registered dietitians and registration-eligible dietetic program graduates to integrate and apply principles from the biomedical sciences, human behavior, and management to design and lead effective food and nutrition programs in a variety of settings. This program is fully online.

In a multi-institution degree program you:

1. Apply and are admitted to one university;
2. Enroll in all courses at that university; and
3. Graduate or receive a certificate from that university.

Dietetics graduate candidate must complete a minimum of 36 credit hours to earn a Master of Science degree. Students will complete a six-credit research thesis.

Admissions Requirements

In addition to requirements described under academic information elsewhere in this bulletin, the following criteria will be considered at the time of application for admission into graduate study. Admission to a master's degree program is considered **ONLY** after all required application materials have been received and reviewed. In order to be considered a student must have a Bachelor of Science degree in an HNES related field from an accredited institution, and an overall undergraduate GPA of 3.0 on a 4.0 scale, and have submitted all required materials as listed.

In addition to the required application materials, the applicant must submit an exhibit of the applicant's written competency through an essay discussing professional philosophy and professional goals.

The Department of Health, Nutrition and Exercise Sciences reserves the right to obtain additional information about the student's professional competence from qualified professionals. Admission decisions are based upon the predicted success of the applicant as a student and professional in the chosen field and are made only after considering all available data.

Financial Assistance

Both research and teaching assistantships may be available. Applications are considered on the basis of scholarship, potential to undertake advanced study and research, and financial need. To be considered for an assistantship, a completed Graduate School Application, official transcripts, and three letters of reference must be received by the Graduate School not later than March 1. The department admits students for fall semester only. Students are also required to submit a letter of interest and complete a department application for teaching assistantships after they have been accepted into the department as a graduate student. Letters of interest should be submitted to the department Graduate Coordinator. Graduate assistants teach approximately six credits each semester, receive a financial stipend for their work, and a full tuition waiver for fall, spring, and summer semesters. Assistantships are available contingent upon current funding.

Exercise/Nutrition Science Option

Required Courses

HNES 790	Graduate Seminar (Introduction to HNES)	1
HNES 710	Recent Literature & Research	3
STAT 725	Applied Statistics	3

HNES 713	Graduate Exercise Physiology (Restricted to students enrolled in the Exercise Science/Nutrition Option)	3
HNES 726	Nutrition in Wellness	3
Electives (at least 3 cr. outside of HNES)		12
HNES 798	Master's Thesis	6

Leadership in Physical Education and Sport Option

HNES 700	Research in Physical Education and Sport	3
HNES 701	Leadership and Entrepreneurship	3
HNES 704	Psychological Foundation of Sport & Physical Activity	3
HNES 705	Analysis of Sport Skill Instruction and Acquisition	3
HNES 707	Sport in American Society	3
HNES 711	Physical Education Curriculum	3
HNES 712	Supervision and Management	3
HNES 714	Legal Liability in HPER	3
HNES 731	Governance in Sport	3
HNES 794	Practicum/Internship	3
or HNES 797	Master's Paper	
or HNES 798	Master's Thesis	

Dietetics Option

Course List

Required Core Courses		9
HNES 710	Recent Literature & Research	
HNES 728	Current Issues in Dietetics	
STAT 725	Applied Statistics	
Electives		21
ADHM 635	Cost Controls in Hospitality and Food Service Systems	
ADHM 736	Entrepreneurship in Dietetics	
HNES 642	Community Health and Nutrition Education	
HNES 652	Nutrition, Health and Aging	
HNES 655	Sports Nutrition	
HNES 724	Nutrition Education	
HNES 726	Nutrition in Wellness	
HNES 729	Grant Writing for the Health Professional	
HNES 730	Fundamentals of Leadership	
HNES 732	Foodservice Operation Management	
HNES 733	Food Writing for Professionals	
HNES 734	Foodservice Systems within Healthcare	
HNES 740	Maternal and Child Nutrition	
HNES 741	International Nutrition	
HNES 742	Nutrition: A Focus on Life Stages	
HNES 743	Obesity Across the Lifespan	
HNES 744	Dietary and Herbal Supplements	
HNES 750	Advanced Human Nutrition	
HNES 751	Metabolism of Micronutrients	
HNES 752	Phytochemicals	

HNES 755	Advanced Clinical Nutrition	
HNES 756	Pediatric Clinical Nutrition	
HNES 757	Nutritional Aspects of Oncology	
HNES 758	Clinical Aspects of Nutrition Support	
HNES 759	Nutrition and Immunology	
HNES 798	Master's Thesis	6
Total Credits		36

Thomas C. Barnhart, Ph.D.

University of New Mexico, 1978

Research Interests: Recreation Management, Playground Safety

Ardith Brunt, Ph.D.

Iowa State University, 1999

Research Interests: Nutrition, Gerontology

Wonwoo Byun, Ph.D.

University of South Carolina-Columbia, 2012

Research Interests: Physical Activity Epidemiology

Bryan Christensen, Ph.D.

University of Kansas, 2000

Research Interests: Biomechanics, Sports Psychology, Strength and Conditioning

Shannon David, Ph.D.

Ohio University, 2013

Research Interests: Athletic Training

Joe Deutsch, Ph.D.

North Dakota State University, 2007

Research Interests: Physical Education Teacher Education; Coaching

Marty Douglas, Ph.D.

Michigan State University

Research Interests: Adapted Physical Activity

Kara Gange, Ph.D.

North Dakota State University, 2010

Research Interests: Athletic Training

Julie Garden-Robinson, Ph.D.

North Dakota State University, 1994

Research Interests: Nutrition and Food Safety

Nikki German, Ph.D.

North Dakota State University, 2008

Research Interests: Athletic Training

Abby Gold, Ph.D.

North Dakota State University, 2007

Research Interests: Nutrition and Wellness

Kyle Hackney, Ph.D.

Syracuse University, 2013

Research Interests: Skeletal Muscle Physiology

Pamela Hansen, Ed.D.

University of South Dakota, 2000

Research Interests: Athletic Training Education, Female ACL injuries, Learning Styles

Mary Larson, Ph.D.

University of North Dakota, 2008

Research Interests: Health Promotion and Lifestyle Medicine

Jenny Linker, Ph.D.

University of Illinois Urbana-Champaign, 2011

Research Interests: Physical Education; Teacher Preparation

Yeong Rhee, Ph.D.

Oklahoma State University, 1999

Research Interests: Trace Elements, Chronic Disease, Immune Function, Functional Foods

Sherri Nordstrom Stastny, Ph.D.

North Dakota State University, 2007

Research Interests: Nutrition, Gerontology

Bradford N. Strand, Ph.D.

University of New Mexico, 1988

Research Interests: Physical Education Curriculum and Instruction, Fitness Education, Sport Sociology

Donna J. Terbizan, Ph.D.

The Ohio State University, 1982

Research Interests: Exercise Physiology, Fitness, Wellness, Exercise Science, Chronic Disease Change