

# Health, Nutrition and Exercise Science

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## Program and Application Information

<b>Department Head:</b>	Dr. Margaret Fitzgerald
<b>Graduate Coordinator:</b>	Dr. Bryan Christensen
<b>Email:</b>	Bryan.Christensen.1@ndsu.edu
<b>Department Location:</b>	Bentson Bunker Fieldhouse
<b>Department Phone:</b>	(701) 231-6737
<b>Department Web Site:</b>	<a href="http://www.ndsu.edu/hnes/">www.ndsu.edu/hnes/</a>
<b>Application Deadline:</b>	Ph.D. Exercise Science and Nutrition: January 15 for fall only M.S. HNES - Exercise/Nutrition Science option: March 1 for fall only; M.S. Dietetics (online), GPIDEA: March 1 for fall only M.S. HNES - Leadership in Physical Education and Sport option: Enrollment is limited to 20 students.
<b>Degrees Offered:</b>	M.S., MATrg, Ph.D.
<b>Test Requirement:</b>	GRE required only for Ph.D. and for M.S. HNES - Exercise/Nutrition Science option
<b>English Proficiency Requirements:</b>	TOEFL iBT 100; IELTS 7

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## 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 through the Great Plains Interactive Distance Education Alliance), Master of Science (M.S.) in Advanced Athletic Training ([http://www.ndsu.edu/hnes/advanced\\_athletic\\_training\\_post\\_professional](http://www.ndsu.edu/hnes/advanced_athletic_training_post_professional)) and a Master of Athletic Training (MATrg) ([http://www.ndsu.edu/hnes/athletic\\_training\\_professional](http://www.ndsu.edu/hnes/athletic_training_professional)) degree. A Ph.D. degree in Exercise Science and Nutrition ([http://www.ndsu.edu/hnes/phd\\_in\\_exercise\\_science\\_and\\_nutrition](http://www.ndsu.edu/hnes/phd_in_exercise_science_and_nutrition)) is also available.

## 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 online 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.

Admission requirements are as follows:

1. Cumulative baccalaureate GPA of 3.0 or better on a 4.0 scale.
2. Undergraduate degree in the field of Kinesiology (physical education, coaching, etc.)

Students not meeting the above admission requirements may be accepted into the program with Conditional Standing by providing evidence that their potential as a graduate student is not adequately reflected by their academic record. Evidence from the applicant will include a written essay, and either a portfolio of professional accomplishments based on the Leadership in Physical Education and Sport (LPES) program standards and competencies, or GRE scores. Applicants who score in the upper 50th percentile in the verbal, quantitative, and writing portions will be given preference in admission to the program. Meeting these criteria does not guarantee automatic acceptance. Contact the program coordinator for a copy of the (LPES) standards and competencies.

## Dietetics (On-line)

The Dietetics program prepares registered dietitians to practice at an advanced level or pursue doctoral study. The Great Plains Interactive Distance Education Alliance program in Dietetics provides opportunities for registered dietitians and registration-eligible dietetic 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 ([http://www.ndsu.edu/hnes/dietetics\\_on\\_line](http://www.ndsu.edu/hnes/dietetics_on_line)).

In a multi-institution degree program, students:

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.

A 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 Graduate School admission requirements, 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, the applicant must have:

- Bachelor of Science degree in an HNES related field from an accredited institution,
- Overall undergraduate GPA of 3.0 on a 4.0 scale,
- submitted all required materials as listed.
- The GRE is required for the Ph.D. and the Exercise/Nutrition Science option of the M.S. degree.

During the application process, the applicant must submit an exhibit of his/her 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 applicant'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 by the program deadline. The department admits students for fall semester only in the Exercise/Nutrition Science option. 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 and faculty need.

## Exercise/Nutrition Science Option

### Required Courses

HNES 790	Graduate Seminar (Introduction to HNES )	1
HNES 710	Introduction to Research Design and Methods in HNES	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
<b>Electives (at least 3 cr. outside of HNES)</b>		<b>12</b>
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

<b>Required Core Courses</b>		<b>9</b>
HNES 710	Introduction to Research Design and Methods in HNES	
HNES 728	Current Issues in Dietetics	
STAT 725	Applied Statistics	
<b>Electives</b>		<b>21</b>
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 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 746	Nutrition and Health Disparities	
HNES 747	Understanding Food Culture	
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	<b>6</b>
<b>Total Credits</b>		<b>36</b>

### 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

**Kyle Hackney, Ph.D.**

Syracuse University, 2013

Research Interests: Skeletal Muscle Physiology

**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

**Katie Lyman, Ph.D.**

University of South Florida, 2014

Research interests: Kinesio Tape®, Manual Medicine, Emergency Medicine

**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