

Health, Nutrition and Exercise Science

Program and Application Information

Department Head:	Dr. Yeong Rhee
Graduate Coordinator:	Dr. Bryan Christensen
Email:	Bryan.Christensen.1@ndsu.edu
Department Location:	Bentson Bunker Fieldhouse
Department Phone:	(701) 231-7474
Department Web Site:	www.ndsu.edu/hnes/
Degrees Offered:	M.S., MATrg, Ph.D.
Test Requirement:	GRE required only for Ph.D. and for M.S. HNES - Exercise/Nutrition Science option
English Proficiency Requirements:	TOEFL iBT 79; IELTS 6.5

Application Deadlines:

- Ph.D. Exercise Science/Nutrition: Applications that are received and complete by March 15 will be given priority for fall semester. Applications that are received and complete after March 15 will be reviewed through May 1 for consideration for fall semester.
- M.S. HNES-Exercise/Nutrition Science: Applications that are received and complete by March 15 will be given priority for fall semester. Applications that are received and complete after March 15 will be reviewed through May 1 for consideration for fall semester.
- M.S. Dietetics (online only): Mar 1 (summer/fall), Oct 15 (spring)
- HNES-Leadership in Physical Education Sport (online only): Apr 1 (enrollment cap=20 students)

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) and a Master of Athletic Training (MATrg) (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) is also available.

Ph.D. in Exercise Science and Nutrition

The Department of Health, Nutrition and Exercise Sciences (HNES) offers a doctoral program in Exercise Science and Nutrition. Exercise Science and Nutrition includes the study of energy systems, nutrient intake, behavior motivation, and the physiology and mechanics of movement. Faculty are scholars in community nutrition, nutrition across the lifespan, clinical nutrition, exercise science, biomechanics, and physical activity and health. Prevention and treatment of obesity, improving physical activity, and building community-based health enhancements across the lifespan are strengths of the HNES faculty. Graduates of this program will have a strong understanding of both Exercise Science and Nutrition that will enable them to assume positions of leadership in research and teaching in community, government, university or other professional agencies and organizations.

Admission requirements are as follows:

- 1) Cumulative baccalaureate GPA of 3.0 or better on a 4.0 scale.
- 2) Graduate Record Examination (GRE).
- 3) Completion of a Bachelor's or Master's degree from an accredited university in field closely related to Nutrition, Health, Dietetics, Kinesiology, or Exercise Science.
- 4) A faculty has agreed to be the applicant's mentor.

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.

Admission requirements are as follows:

- 1) Cumulative baccalaureate GPA of 3.0 or better on a 4.0 scale.
- 2) Graduate Record Examination (GRE).
- 3) Completion of a Bachelor's degree from an accredited university in field closely related to Nutrition, Dietetics, or Exercise Science.
- 4) A faculty has agreed to be the applicant's mentor.

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.)

A 3.0 is needed to be considered for full acceptance into the LPES program. Applicants with a undergraduate GPA below 3.0 will be considered for conditional acceptance and will have to complete 9 graduate credit hours with grades of at least B to be considered for full standing. Meeting these criteria does not guarantee acceptance.

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).

In a multi-institution degree program, students (must be registered dietitians or registration-eligible dietetic graduates):

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.

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 a Bachelor of Science degree in an HNES related field from an accredited institution, an overall undergraduate GPA of 3.0 on a 4.0 scale, and have 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 Ph.D. program and the MS Exercise/Nutrition option. Graduate assistants 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

Code	Title	Credits
Required Courses		
HNES 790	Graduate Seminar (Introduction to HNES)	1
HNES 710	Introduction to Research Design and Methods in HNES	3

HNES 777	Scholarly Writing and Presenting 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
Electives		9
HNES 798	Master's Thesis	6

Leadership in Physical Education and Sport Option

Code	Title	Credits
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 790	Graduate Seminar	3
HNES 794	Practicum/Internship	1
Total Credits		31

Dietetics Option

A Dietetics graduate candidate must complete a minimum of 36 credit hours to earn a Master of Science degree, 30 of which are didactic. The remaining 6-credits required to complete the degree must follow one of 3 plans.

Plan A – Thesis [if planning on a terminal degree or only recommended if the student is able to travel to NDSU to meet with the major professor].

Plan B – Comprehensive Study - After consulting with the major advisor and selecting a topic, students will carry out planning and completion of this research-based project in frequent interactions with a supervisory committee. The culmination of this project would be a comprehensive report or a manuscript that could be submitted to a journal.

Plan C – This plan would require 36 credits of coursework. Elective graduate courses totaling six credits will be taken from the electives.

Code	Title	Credits
Required Core Courses		9
HNES 710	Introduction to Research Design and Methods in HNES	
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 745	Community Health Leadership	
HNES 746	Nutrition and Health Disparities	
HNES 747	Understanding Food Culture	
HNES 750	Advanced Human Nutrition: Macronutrients	
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
or HNES 797	Master's Paper	
Total Credits		36

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: Patient Clinician Relationship, Quantification of Intervention Outcomes

Joe Deutsch, Ph.D.

North Dakota State University, 2007

Research Interests: Physical Education Teacher Education, Youth Sport Coaching

Marty Douglas, Ph.D.

Michigan State University, 2009

Research Interests: Adapted Physical Activity

Kara Gange, Ph.D.

North Dakota State University, 2010

Research Interests: Therapeutic Modalities, Diagnostic Ultrasound

Julie Garden-Robinson, Ph.D.

North Dakota State University, 1994

Research Interests: Nutrition Education, Chronic Disease Prevention, Food Safety/Science

Nikki German, Ph.D.

North Dakota State University, 2008

Research Interests: Athletic Training

Kyle Hackney, Ph.D.

Syracuse University, 2013

Research Interests: Skeletal Muscle, Sarcopenia, Muscle Inactivity, Ergogenic Aids

Mary Larson, Ph.D.

University of North Dakota, 2008

Research Interests: Health Promotion, Lifestyle Medicine

Jenny Linker, Ph.D.

University of Illinois Urbana-Champaign, 2011

Research Interests: Comprehensive School Physical Activity Programs, Physical Education Teacher Preparation

Katie Lyman, Ph.D.

University of South Florida, 2014

Research interests: Kinesio Tape®, Emergency Medicine, Electromyography

Yeong Rhee, Ph.D.

Oklahoma State University, 1999

Research Interests: Chronic Disease Prevention, Immune Function, Functional Foods, Microbiome

Sherri Nordstrom Stastny, Ph.D.

North Dakota State University, 2007

Research Interests: Nutrition for Healthy Aging

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