

Exercise and Nutrition Sciences Doctorate

Department Information

- **Program Information:**
ndsu.edu/programs/graduate/exercise-nutrition-sciences (<http://ndsu.edu/programs/graduate/exercise-nutrition-sciences/>)
- **Department Web Site:**
ndsu.edu/hnes (<http://ndsu.edu/hnes/>)
- **Application Deadline:**
Applications that are complete by March 15 will be given priority for fall semester. Applications completed after March 15 will be reviewed through May 1 for consideration for fall semester.
- **Credential Offered:**
Ph.D.
- **English Proficiency Requirements:**
TOEFL ibt 79; IELTS 6.5

Apply Now (https://ndsugrad.my.site.com/Application/TX_SiteLogin/?startURL=/Application/TargetX_Portal__PB)

Students Entering with a Master's Degree

Code	Title	Credits
Research Core		12
STAT 725	Applied Statistics	
9 additional credits in statistics and research methodology		
Recommended HNES Core		9
HNES 713	Graduate Exercise Physiology	
HNES 726	Nutrition in Wellness	
HNES 777	Scholarly Writing and Presenting in HNES	
Electives (up to 6 credits outside of HNES)		18
HNES 727	Physical Activity Epidemiology	
HNES 703	Graduate Biomechanics of Sport and Exercise	
HNES 704	Psychological Foundation of Sport & Physical Activity	
HNES 710	Introduction to Research Design and Methods in HNES	
HNES 735	Nutrition and Human Performance	
HNES 743	Obesity Across the Lifespan	
HNES 754	Assessment in Nutrition and Exercise Science	
HNES 760	Skeletal Muscle Physiology	
HNES 761	Physiological and Fitness Assessment in Exercise Science	
HNES 762	Exercise Endocrinology	
HNES 764	Advanced Cardiovascular Exercise Physiology	
HNES 790		
HNES 791	Temporary/Trial Topics	
Research Practicum (minimum of 3 credits)		3-6
HNES 894		
Teaching Experience (minimum of 3 credits)		3-6
HNES 892		
Dissertation (must encompass at least two separate semesters)		15
HNES 899		
Total Credits (minimum)		60

Students Entering with a Bachelor's Degree

Code	Title	Credits
Research Core		21
STAT 725	Applied Statistics	
HNES 710	Introduction to Research Design and Methods in HNES	
12 additional credits in statistics and research methodology		
Recommended HNES Core		9
HNES 713	Graduate Exercise Physiology	
HNES 726	Nutrition in Wellness	
HNES 777	Scholarly Writing and Presenting in HNES	
Electives (up to 6 credits outside of HNES)		33
HNES 727	Physical Activity Epidemiology	
HNES 735	Nutrition and Human Performance	
HNES 703	Graduate Biomechanics of Sport and Exercise	
HNES 704	Psychological Foundation of Sport & Physical Activity	
HNES 743	Obesity Across the Lifespan	
HNES 754	Assessment in Nutrition and Exercise Science	
HNES 760	Skeletal Muscle Physiology	
HNES 761	Physiological and Fitness Assessment in Exercise Science	
HNES 762	Exercise Endocrinology	
HNES 764	Advanced Cardiovascular Exercise Physiology	
HNES 790		
HNES 791	Temporary/Trial Topics	
Research Practicum (9-12 credits)		9-12
HNES 894		
Teaching Experience (3-6 credits)		3-6
HNES 892		
Dissertation (must encompass at least two semesters)		15
HNES 899		
Total Credits (minimum)		90

Admission and Application Requirements

- Graduate School admission and application requirements are found on the Admission Information (<https://catalog.ndsu.edu/past-bulletin-archive/2025-2026/graduate/admission-information/>) page.
- In addition, this program requires **applicants with a master's degree**:
 - Have a completed master's degree from an accredited university in a field closely related to Nutrition, Health, Dietetics, Kinesiology, or Exercise Science.
 - Cumulative graduate GPA of 3.00 or higher.
 - GRE exam scores in the upper 50th percentile for the Verbal, Quantitative, and Writing portions are given priority admission.
 - At least one graduate course in statistics and one course in research methods, with grades of B or higher in each.
 - A completed thesis or research paper.
 - Agreement to be advised by current HNES graduate faculty member.
- In addition, this program requires **applicants without an earned master's degree**:
 - Have a completed bachelor's degree from an accredited university in a field closely related to Nutrition, Health, Dietetics, Kinesiology, or Exercise Science.
 - Cumulative undergraduate GPA of 3.0 or higher.
 - GRE exam scores in the upper 50th percentile for the Verbal, Quantitative, and Writing portions are given priority admission.
 - At least one statistics course or research methods course with grades of B or higher.
 - Agreement to be advised by current HNES graduate faculty member.