

# Health, Nutrition and Exercise Science

---

## Department Information

- **Department Head:**  
Yeong Rhee, Ph.D.
- **Graduate Coordinator:**  
Kyle Hackney, Ph.D.
- **Department Location:**  
Bentson Bunker Fieldhouse
- **Department Phone:**  
(701) 231-7474
- **Department Web Site:**  
[www.ndsu.edu/hnes/](http://www.ndsu.edu/hnes/) (<http://www.ndsu.edu/hnes/>)
- **Application Deadline:**  
Exercise/Nutrition Science option: Applications completed by March 15 will be given priority for fall. Leadership in Physical Education and Sport option: rolling enrollment; enrollment is limited to 32 students. M.S. Dietetics (online), GPIDEA: March 1 for summer/fall and October 15 for spring.
- **Credential Offered:**  
M.S.
- **English Proficiency Requirements:**  
TOEFL ibt 79; IELTS 6.5; Duolingo 105

## Exercise/Nutrition Science Option

### Plan A- thesis

The thesis typically includes a problem statement, a review of existing literature relevant to that problem, and the creation and presentation of new knowledge in providing a solution to the problem. Each student assembles a supervisory committee and pass a final oral examination in which the supervisory committee serves as the examining committee. Following a successful defense, the candidate will submit an electronic copy of their thesis to the Graduate School for review. This path is recommended for all students but specifically relevant for those interested in going on to further graduate work (PhD, DPT, MD). Total Credits 31.

### Plan B- paper

The Plan B master's student will develop a thorough understanding of existing knowledge and the ability to apply that existing knowledge to a problem of interest. Note that under this degree, the new knowledge being created is limited, and this is the primary difference between the Plan A and Plan B degrees. The precise nature of the individual creative component is defined by the program. Examples of possible creative components include a comprehensive paper or an integrated field experience. Each student would assemble a supervisory committee and pass a final oral examination. Following a successful defense, the candidate will compose an executive summary or assemble other appropriate documentation as defined by the program to be submitted to the Graduate School. This submission to the Graduate School is to be approved by the student's supervisory committee. This path is recommended for all students but is specifically relevant for those who wish to obtain employment directly after completing their degree or who may still be interested in further graduate work but the scope of the next step is not yet defined. Total credits 31.

### Plan C-Internship/Capstone

The Plan C is designed for programs in which a well-defined culminating experience is more important than is an individual creative component. Each program will define a culminating experience such as a capstone experience or some other approach to measure the candidate's understanding of the relevant material in the area (certification, internship experience/project). The student's supervisory committee would generally consist of faculty solely from within that discipline. The supervisory committee may specify that a certain level of performance (i.e., a minimum GPA) be obtained in specified courses or in the program itself. Upon completion of the appropriate course work and culminating experience, the candidate must submit the examination documentation (if required by program) and an Application for Graduate Degree to Graduate School. This path is recommended for all students but is specifically relevant for those who are currently employed full-time in the community and are wishing to advance their current employment status (i.e., no further graduate work). Total credits 34.

Code	Title	Credits
<b>Plan A - Thesis Option</b>		<b>31</b>
HNES 790	Graduate Seminar (Introduction to HNES )	1
HNES 713	Graduate Exercise Physiology	3
HNES 710	Introduction to Research Design and Methods in HNES	3
HNES 726	Nutrition in Wellness	3

HNES 727	Physical Activity Epidemiology	3
STAT 725	Applied Statistics	3
Electives (See below)		9
HNES 798	Master's Thesis	6
<b>Plan B - Master's Paper Option</b>		<b>31</b>
HNES 790	Graduate Seminar (Seminar Introduction to HNES)	1
HNES 710	Introduction to Research Design and Methods in HNES	3
HNES 713	Graduate Exercise Physiology	3
STAT 725	Applied Statistics	3
HNES 726	Nutrition in Wellness	3
HNES 727	Physical Activity Epidemiology	3
Electives (see below)		12
HNES 797	Master's Paper	3
<b>Plan C - Internship/Capstone Option</b>		<b>34</b>
HNES 790	Graduate Seminar (Seminar Introduction to HNES)	1
HNES 713	Graduate Exercise Physiology	3
HNES 726	Nutrition in Wellness	3
Electives (see below)		18 or more
Choose 6 credits from		
HNES 793	Individual Study	
HNES 794	Practicum/Internship	
HNES 795	Field Experience	
<b>Electives</b>		
HNES 660	Leadership and Communication in Dietetics	3
HNES 703	Graduate Biomechanics of Sport and Exercise	3
HNES 704	Psychological Foundation of Sport & Physical Activity	3
HNES 724	Nutrition Education	3
HNES 735	Nutrition and Human Performance	
HNES 754	Assessment in Nutrition and Exercise Science	3
HNES 760	Skeletal Muscle Physiology	3
HNES 761	Physiological and Fitness Assessment in Exercise Science	3
HNES 762	Exercise Endocrinology	
HNES 770	Evidence Based Research and Practice	2
HNES 777	Scholarly Writing and Presenting in HNES	3
HNES 791	Temporary/Trial Topics	1-5
HNES 792	Graduate Teaching Experience	1-6

## Leadership in Physical Education and Sport Option

The program requires a total of 30 credits. Students must complete the three required courses (offered every year) and may select the remaining courses from the elective list. Students present a final portfolio demonstrating their proficiency of program standards and competencies during the final semester of coursework.

Code	Title	Credits
<b>Required</b>		
HNES 700	Research in Physical Education and Sport	3
HNES 701	Leadership and Supervision	3
HNES 712	Principles of Management	3
<b>Elective</b>		
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 708	Positive Youth Development through Sport	3
HNES 709	Leadership Influence in Physical Education and Sport	3
HNES 711	Physical Education Curriculum	3
HNES 714	Legal Liability in HPER	3
HNES 715	Teaching Concepts -Based Fitness	3
HNES 716	Financial Management in Sport	3
HNES 731	Governance in Sport	3
HNES 736	Ethical Leadership	3
HNES 737	School-wide Physical Activity Promotion	3
HNES 738	Adapted Physical Education	3
HNES 739	Sport Revenue Generation	3
HNES 790	Graduate Seminar	1-3
HNES 792	Graduate Teaching Experience	1-6
HNES 793	Individual Study	1-3
HNES 795	Field Experience	1-3