

# Health, Nutrition and Exercise Science

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## 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.
- **Credentialed Offered:**  
M.S.
- **English Proficiency Requirements:**  
TOEFL ibt 79; IELTS 6.5; Duolingo 105

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## Program Description

The Master of Science (M.S) in Health, Nutrition, and Exercise Sciences (HNES) offers graduate study options in Exercise/Nutrition Science ([https://www.ndsu.edu/hnes/graduate\\_programs/exercisenutrition\\_science/](https://www.ndsu.edu/hnes/graduate_programs/exercisenutrition_science/)) (blended learning: online and in-person courses) and Leadership in Physical Education and Sport ([https://www.ndsu.edu/hnes/graduate\\_programs/leadership\\_in\\_physical\\_education\\_and\\_sport/](https://www.ndsu.edu/hnes/graduate_programs/leadership_in_physical_education_and_sport/)) (online program at in-state tuition rates for out-of-state and international students). The different "options" represent the emphasis provided in the curriculum and culminating experience leading to the M.S degree. There is also an accelerated BS/MS in Dietetics and Nutrition path within the MS option in Exercise/Nutrition Science.

### M.S- Health, Nutrition and Exercise Sciences

#### Option-Exercise/Nutrition Science ([https://www.ndsu.edu/hnes/graduate\\_programs/exercisenutrition\\_science/](https://www.ndsu.edu/hnes/graduate_programs/exercisenutrition_science/))

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 Nutrition, Dietetics, and Exercise Science graduates. There are three paths to complete the MS degree in this option (Plan A- Thesis, Plan B- Paper, Plan C- Internship/Capstone).

Admission requirements are as follows:

1. Cumulative baccalaureate GPA of 3.0 or better on a 4.0 scale.
2. Completion of a Bachelor's degree from an accredited university in field closely related to Nutrition, Dietetics, or Exercise Science.
3. A faculty has agreed to be the applicant's mentor.
4. The GRE is NOT required for this option.

#### ***Accelerated BS/MS in Dietetics and Nutrition***

This is a combined program for undergraduate dietetics students. Students apply for the dietetics program in the spring of their second (sophomore) year and then apply for the accelerated M.S. program in the fall of their third (junior) year. Students in this option will earn a B.S. in Dietetics, an M.S. in Exercise/Nutrition Science, and complete the required 1200 hours of supervised practice to sit for the national Registration Exam for Dietitians. The program is designed to be completed in 5 years. Students who are interested should contact the College of Human Development and Education Academic Advisor located in EML 270 for more information.

## Option- Leadership in Physical Education and Sport ([https://www.ndsu.edu/hnes/graduate\\_programs/leadership\\_in\\_physical\\_education\\_and\\_sport/](https://www.ndsu.edu/hnes/graduate_programs/leadership_in_physical_education_and_sport/))

The Leadership in Physical Education and Sport (LPES) option is an online program that prepares teachers, coaches, and sport leaders 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, sports management, etc.)
3. The GRE is NOT required for this option.

A 3.0 is needed to be considered for full acceptance into the LPES program. Applicants with an undergraduate GPA below 3.0 will be considered for conditional acceptance and will have to complete 6 graduate credit hours with grades of at least B to be considered for full standing. Meeting these criteria does not guarantee acceptance.