

# NUTRITION & EXERCISE SCIENCE

## Master of Science (MS)

This is a guide based on the 2025-2026 Graduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on factors such as dual enrollment, remediation, and summer enrollment. Students meet with an academic advisor each semester and use Degree Works to monitor their progress.

### CURRICULUM CHECKLIST

#### 39 hours required

##### Core Requirements:

- \_\_\_ FN530 Pathophysiology: Implications for Nutrition & Exercise Science (3)
- \_\_\_ FN550 Vitamin Metabolism (3)
- \_\_\_ FN637 Research Design and Evaluation (3)
- \_\_\_ FN/HL690 Seminar in Nutrition and Exercise Science (3)
- \_\_\_ FN/HL699 Internship (3)
- \_\_\_ HL601 Physiology of Exercise (3)
- \_\_\_ HL603 Cardiovascular Exercise Physiology (3)
- \_\_\_ HL621 Exercise in Health and Disease (3)
- \_\_\_ PY571 Introductory Behavioral Statistics (3)
- \_\_\_ HLxxx or FNxxx (3)\*

##### Choose either thesis or non-thesis area:

##### THESIS AREA:

- \_\_\_ HL694 Thesis I (3)
- \_\_\_ HL695 Thesis II (3)
- \_\_\_ 6 hours of electives

##### NON-THESIS AREA:

- \_\_\_ FN/HL699 Internship in Nutrition and Exercise Science (3)
- \_\_\_ 9 Hours of Electives

##### Suggested electives: \*

- \_\_\_ CF518 Gerontology Practicum (3)
- \_\_\_ CH531 Biochemistry I (3)
- \_\_\_ FN502 Nutrition II (3)
- \_\_\_ FN520 Nutrition and Aging (3)
- \_\_\_ FN525 Nutrition Counseling (3)
- \_\_\_ FN535 International Nutrition (3)
- \_\_\_ FN540 Community Nutrition (3)
- \_\_\_ FN601 Sport Nutrition (3)
- \_\_\_ FN605 Nutrition in the Life Cycle (3)
- \_\_\_ HL510 Health Concerns of Aging (3)
- \_\_\_ HL511 Applied Anatomy (3)
- \_\_\_ HL531 Advanced Exercise Testing (3)
- \_\_\_ HL671 Implementation & Organization of Fitness Programs (3)
- \_\_\_ HL672 Health Promotion Programs (3)
- \_\_\_ SM540 Legal Aspects of Sport and Physical Activity (3)

##### Degree Requirements

If a student completes a thesis HE694 (3) and HE695 (3) then no internship is required. If a student selects to complete Applied Research HL691 Applied Research (3), then an internship HL/FN699 (3) and comprehensive exam GR698 is required.

### Admission Requirements

In addition to the criteria established for general admission to graduate studies, applicants must have the following:

1. An undergraduate GPA of 3.0 or higher on a 4.0 scale
2. A 3.0 average in the following college-level classes 1.) nutrition science 2.) exercise physiology with a laboratory 3.) anatomy and physiology and 4.) chemistry

For graduate studies admissions deadlines, visit

<https://semo.edu/admissions/requirements/graduate.html>.

Revised 5/29/2025

# 2025-2026 *degree map*



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