

NUTRITION & EXERCISE SCIENCE

Master of Science (MS)

This is a guide based on the 2026-2027 Graduate Catalog 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 7/31/2026

DEGREE MAP

2026-2027



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