

Nutrition and Dietetics: 3+2 Master of Science in Nutrition Science

Bachelor of Science in Exercise Science (BS.EXSC(NUTR)) & Master of Science Nutrition (MS.NUTR)

Core Requirements				Credits	Notes/Instructions
College Sem.		Quest for Meaning	CSEM 100	3	†A student may be required to take ENGL 105 and/or MATH 100 based on placement exams administered prior to their first semester at King's College. ENGL 105 and MATH 100 are 3-credit courses and will count as free electives. †† The Intercultural Competence requirement can be satisfied by taking a 100-level language class for 3 credits or participating in an approved Study Abroad experience. (See college catalog for more information) SBM = Satisfied By Major requirement listed below.
		Writing	ENGL 110 [†]	3	
Communication & Creative Expression		Oral Communication	COMM 101	3	
		Literature	ENGL 140-149	3	
		The Arts	ARTS 100-149	3	
				3	
Citizenship		History	HIST 100-149	3	
		Intercultural	FREN/GERM/SPAN 100-level or Study Abroad ^{††}	3	
		Global Connections	ECON 150-199; GEOG 150-199; HIST 150-199; PS 150-199; SOC 150-199	3	
Quantitative & Scientific Reasoning	SBM	Quantitative Reasoning	MATH 126	0	
	SBM	Scientific Endeavor	NSCI 100	0	
	SBM	Science in Context	NSCI 171-199	0	
	SBM	Human Beh. & Soc. Inst	SOC 101	0	
Wisdom, Faith, & the Good Life		Introduction to Phil.	PHIL 101	3	
		Phil. Investigations	PHIL 170-199	3	
		Theology & Wisdom	THEO 150-159	3	
		Theology & the Good Life	THEO 160-169	3	
Total Core Credits				36	

Major Requirements		Credits	Other Requirements		Credits	Professional Phase Requirements		Credits
	EXSC 219	3		HCE 101 Holy Cross Exp.	1		NUTR 501	3
	EXSC 219L	1					NUTR 502	3
	EXSC 220	3					NUTR 511	3
	EXSC 220L	1					NUTR 512	3
	CHEM 113	3					NUTR 520	3
	CHEM 113L	1					NUTR 530	3
	CHEM 114	3					NUTR 550	3
	CHEM 114L	1					NUTR 570	3
	CHEM 241	3					NUTR 580	3
	CHEM 241L	1					NUTR 590	3
	EXSC 101	3					NUTR 691 (optional)	1
	EXSC 150	3					NUTR 692 (optional)	1
	EXSC 245	3					NUTR 693 (optional)	1
	EXSC 280	3					CPSS 501	3
	EXSC 290	3					CPSS 502	3
	EXSC 309	3					CPSS 503	3
	EXSC 310	3					CPSS 504	3
	EXSC 310L	1						
	EXSC 320	3						
	EXSC 330	3						
	EXSC 360	3						
	BIOL 224	3						
	MATH 126	3						
	SOC 101	3						
Total Major Credits		60	Total Other Credits		1	Total Professional Phase Credits		33

Total Credits Required for the 3+2 Master of Science in Nutrition Science = 136

NOTE: All core and major requirements must be completed by the end of the Spring Semester of Year 3.

Graduate Phase Year 1: Upon successful completion of the first 3 years (Pre-Professional Phase) and Year 1 of the Professional Phase, the degree of Bachelor of Science in Exercise Science is awarded. Students are now considered graduate-level students.

Graduate Phase Year 2: Upon successful completion of Year 2 of the Professional Phase, students are awarded a Master of Science in Nutrition Science.

Plus, graduate credits from the Master In Nutrition Science program will be counted towards the completion of the Bachelor of Science in Exercise Science degree (total 120 credits for the B.S. degree).

Exercise Science: 3+2 Master of Science in Nutrition Science

Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

PRE-GRADUATE PHASE (YEARS 1-3)			
Fall – 1 st Year	Credits	Spring – 1 st Year	Credits
CHEM 113/L General Chemistry I w/ Lab	4	CHEM 114/L General Chemistry II w/ Lab	4
EXSC 101 Introduction to Exercise Science	3	EXSC 150 Prev., Treat., & Emergency Care of Inj.	3
HCE 101 Holy Cross Experience	1	MATH 126 Introduction to Statistics	3
SOC 101 Introduction to Sociology	3	CORE Writing	3
CORE Literature	3	CORE Oral Communication	3
CORE Quest for Meaning	3		
	17		16
Fall – 2 nd Year	Credits	Spring – 2 nd Year	Credits
EXSC 219 Anatomy & Physiology for Exercise Science I w/ Lab	4	EXSC 220 ^{PR} Anatomy & Physiology for Exercise Science II w/ Lab	4
EXSC 245 Principles of Health	3	EXSC 290 Exercise Physiology ^{PR}	3
EXSC 280 Clinical Kinesiology & Anatomy	3	CORE Global Connections	3
CORE The Arts	3	CORE Philosophical Investigations	3
CHEM 214/L Organic Chemistry I w/L	4	CBiol 224 Biochemistry For Medical Studies	3
	17		16
Fall – 3 rd Year	Credits	Spring – 3 rd Year	Credits
CORE Introduction to Philosophy	3	EXSC 310 ^{PR} Assess. & Measurement in Exercise	3
EXSC 309 ^{PR} Electrocardiology	3	EXSC 310L ^{PR} Assess. & Measurement in Exercise Lab	1
EXSC 330 ^{PR} Alternative Methods of Exercise	3	EXSC 320 ^{PR} Exercise and Special Populations	3
EXSC 360 ^{PR} Advanced Exercise Physiology	3	CORE History	3
CORE Theology and Wisdom	3	CORE Intercultural Competence	3
	15	CORE Theology and the Good Life	3
			16
GRADUATE PHASE (YEARS 4-5)			
Fall – 4 th Year	Credits	Spring – 4 th Year	Credits
NUTR 501 Physiological Basis of Nutrition I	3	NUTR 511 Nutritional Biochemistry I – Macronutr.	3
NUTR 502 Physiological Basis of Nutrition II	3	NUTR 512 Nutritional Biochemistry II – Micronutr.	3
CPSS 501 Advanced Weight Training Concepts I	3	CPSS 503 Advanced Conditioning Concepts	3
CPSS 502 Advanced Weight Training Concepts II	3	CPSS 504 Needs Analysis and Training Theory	3
	12	NUTR 691 Nutrition Thesis Part I (optional)	1
			12
Summer – 4 th Year	Credits		
NUTR 590 Nutrition Research Methods	3		
NUTR 692 Nutrition Thesis – Part II (optional)	1		
NUTR 570 Nutrition Comm. & Counseling	3		
	7		
Fall – 5 th Year	Credits	Spring – 5 th Year	Credits
NUTR 520 Nutrition through Lifecycle	3	NUTR 560 Therapeutic Nutrition	3
NUTR 550 Principles of foods and management	3	NUTR 530 Adv Sports Nutrition and E-Metabolism	3
	6		6
Fall – 5 th Year	Credits		
NUTR 580 Food systems and health	3		
NUTR 540 Dietary Supplements and Herbal Medic.	3		
NUTR 693	1		
	6		