

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.
Communication & Creative Expression	_____	Writing	ENGL 110 [†]	3	
	_____	Oral Communication	COMM 101	3	
	_____	Literature	ENGL 140-149	3	
	_____	The Arts	ARTS 100-149	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						
_____	EXSC 370	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).

See reverse side for a suggested sequence

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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 – 1st Year	Credits	Spring – 1st 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 – 2nd Year	Credits	Spring – 2nd 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
CORE Introduction to Philosophy	3	CORE History	3
	16		16
Fall – 3rd Year	Credits	Spring – 3rd Year	Credits
CHEM 241/L Organic Chemistry I w/ Lab	4	EXSC 310 ^{PR} Assess. & Measurement in Exercise	3
EXSC 309 ^{PR} Electrocardiology	3	EXSC 310 ^{LPR} 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	EXSC 370 Biochemistry for Exercise & Nutrition	3
CORE Theology and Wisdom	3	CORE Intercultural Competence	3
	16	CORE Theology and the Good Life	3
			16
GRADUATE PHASE (YEARS 4-5)			
Fall – 4th Year	Credits	Spring – 4th 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
		NUTR 691 Nutrition Thesis Part I (optional)	1
	12		12
Summer – 4th Year	Credits		
NUTR 590 Nutrition Research Methods	3		
NUTR 692 Nutrition Thesis – Part II (optional)	1		
NUTR 570 Nutrition Comm. & Counseling	3		
	7		
Fall – 5th Year	Credits	Spring – 5th 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 – 5th Year	Credits		
NUTR 580 Food systems and health	3		
NUTR 540 Dietary Supplements and Herbal Medic.	3		
NUTR 693	1		
	6		