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# Nutritional Sciences

In the Department of Exercise and Nutritional Sciences  
In the College of Professional Studies and Fine Arts

**OFFICE: Exercise and Nutritional Sciences 351**  
**TELEPHONE: 619-594-5541**

## Faculty

Janet C. Harris, Ph.D., Professor of Exercise and Nutritional Sciences,  
Chair of Department

Audrey A. Spindler, Ph.D., R.D., Professor of Exercise and  
Nutritional Sciences

Larry S. Verity, Ph.D., Professor of Exercise and  
Nutritional Sciences (Graduate Adviser)

Donna L. Beshgetoor, Ph.D., Associate Professor of Exercise and  
Nutritional Sciences

Mark J. Kern, Ph.D., Associate Professor of Exercise and  
Nutritional Sciences

## Associateships and Assistantships

Graduate teaching associateships and graduate assistantships in nutritional sciences are available to a limited number of qualified students by the Department of Exercise and Nutritional Sciences. The graduate assistants primarily aid instruction of the upper division, undergraduate laboratory courses, and facilitate faculty research efforts. Application forms and additional information may be obtained from the Department of Exercise and Nutritional Sciences.

## General Information

The Department of Exercise and Nutritional Sciences offers graduate study leading to the Master of Science degree in nutritional sciences and a concurrent graduate program leading to a Master of Science degree in nutritional science and M.S. degree in exercise physiology.

## Admission to Graduate Study

Students applying for admission should electronically submit the university application available at <http://www.csumentor.edu> along with the \$55 application fee.

All applicants must submit admissions materials separately to SDSU Graduate Admissions and to the Department of Exercise and Nutritional Sciences.

### Graduate Admissions

The following materials should be submitted as a complete package directly to:

Graduate Admissions  
Enrollment Services  
San Diego State University  
San Diego, CA 92182-7416

- (1) Official transcripts (in sealed envelopes) from all postsecondary institutions attended;

Note:

- Students who attended SDSU need only submit transcripts for work completed since last attendance.
- Students with international coursework must submit both the official transcript and proof of degree. If documents are in a language other than English, they must be accompanied by a certified English translation.

- (2) GRE scores (<http://www.ets.org>, SDSU institution code 4682);
- (3) TOEFL score, if medium of instruction was in a language other than English (<http://www.ets.org>, SDSU institution code 4682).

### Master of Science Degree in Nutritional Sciences

### Master of Science Degree in Nutritional Science and Master of Science Degree in Exercise Physiology

The following materials should be mailed or delivered by February 1 for admission for the fall semester to:

Department of Exercise and Nutritional Sciences  
(Attention: Graduate Adviser)  
San Diego State University  
5500 Campanile Drive  
San Diego, CA 92182-7251

- (1) Two letters of recommendation;
- (2) Statement of purpose (1-2 pages describing applicant's background, research interests/experiences, and goals).

## Master of Science Degree in Nutritional Sciences

### General Information

For information regarding graduate coursework and research experience leading to a Master of Science degree in nutritional sciences, contact the adviser in the Department of Exercise and Nutritional Sciences. The general program of study may include coursework in nutrition or food science. Thesis research in nutrition may be conducted using human subjects or experimental animals. Research activity of the faculty currently includes: nutritional status of children, elders, and ethnic groups; metabolic studies on cholesterol and energy balance; and factors affecting human lactation, body composition and obesity, athletic performance and fitness, composition of human milk and composition and stability of foods. Laboratories, including animal facilities and equipment, at SDSU support research conducted under the direct supervision of the nutritional sciences graduate faculty. In addition, students may conduct research at other facilities in the community in conjunction with collaborative studies pursued by nutritional sciences faculty and researchers at other institutions in San Diego.

Graduates with the M.S. degree in nutritional sciences are employed as clinical and administrative dietitians, administrators or service providers of community nutrition programs, food service supervisors, and community college educators, as well as, in administrative, research, or quality control positions within industry and government.

## Admission to the Degree Curriculum

All students must satisfy the general requirements for admission to the university with classified graduate standing as described in Part Two of this bulletin. In addition, students must have bachelor's degrees in foods and nutrition or related fields and satisfy the prerequisites of the courses selected. A course in computer and data processing taken as a part of the student's undergraduate work or demonstrated proof of competency in computers and data processing, as approved by the graduate adviser, is required as a prerequisite to taking program coursework. If students' undergraduate preparation is deemed insufficient, students will be required to complete specified courses in addition to the minimum of 30 units required for the master's degree in nutritional sciences. Students must have a grade point average of 3.0 in the last 60 semester units attempted, and a minimum

score of 950 and not less than 475 on either verbal or quantitative sections of the GRE General Test.

Students will be admitted ONLY in the fall semester. Submit applications no later than February 1.

### Advancement to Candidacy

All students must satisfy the general requirements for advancement to candidacy as described in Part Two of this bulletin, have identified a thesis or project research adviser, taken Exercise and Nutritional Sciences 601 and 602, with a grade of B or better, and have had their research proposals approved by their committees.

### Specific Requirements for the Master of Science Degree

(Major Code: 13061)

In addition to meeting the requirements for classified graduate standing and the basic requirements for the master's degree as described in Part Two of this bulletin, the student must complete a graduate program of at least 30 units including at least 21 units from courses listed as acceptable to the master's degree program in nutritional sciences. At least 18 units must be in 600- and 700-numbered courses. Required courses include six units selected from Nutrition 606, 607, 608, 610; either Nutrition 600 or 700; and Exercise and Nutritional Sciences 601 and 602. Also, students complete their degree by choosing either Plan A or Plan B. In Plan A, all students will include Nutrition 799A (thesis) for completion of their degree, accompanied by final oral examination on the on the field of the thesis and on the implications of the thesis research for the broader field of nutritional sciences is also required. If students select Plan B, Exercise and Nutritional Sciences 790 (Directed Readings) is required for completion of the degree.

The dietetic internship, a post-baccalaureate certificate program, administered by SDSU's College of Extended Studies in collaboration with the Department of Exercise and Nutritional Sciences, is accredited by the American Dietetic Association (ADA) and provides the supervised practice hours required to meet the performance criteria of entry-level dietitians. Those who successfully complete this program will be eligible to sit for the ADA Registration Examination – the third and final step towards becoming a Registered Dietitian, and an active member of ADA.

Students in the dietetic internship program may concurrently pursue the M.S. degree program in Nutritional Sciences at SDSU, but they must apply separately for admission to that degree program.

The department expects a student to complete the degree within seven years. Failure to complete the degree requirements within seven years will result in dismissal from the program.

### Master of Science Degree in Nutritional Science and Master of Science Degree in Exercise Physiology

#### Admission to the Degree Curriculum

All students must satisfy the general requirements for admission to the university with classified graduate standing as described in Part Two of this bulletin. In addition, a student applying for admission to the concurrent program in nutritional science and exercise physiology must meet the following requirements.

1. A grade point average (GPA) of at least 3.0 in the last 60 units of coursework.
2. A bachelor's degree in foods and nutrition, exercise science, kinesiology, physical education, or related fields. Students will be required to complete or have equivalent preparation in Biology 212, 336, Chemistry 100, 130, 160, Nutrition 302, 302L, and either

Nutrition 204 or 311, and Exercise and Nutritional Sciences 303, 304, 304L, and an undergraduate statistics course.

3. A minimum score of 475 on each of the verbal and quantitative sections of the GRE General Test.

Students will be admitted ONLY in the fall semester. Submit applications no later than February 1.

### Advancement to Candidacy

All students must satisfy the general requirements for advancement to candidacy, as described in Part Two of this bulletin.

### Specific Requirements for the Master of Science in Nutritional Science and Master of Science in Exercise Physiology

(Major Code: 08356)

In addition to meeting the requirements for classified graduate standing and the basic requirements for the master's degree as described in Part Two of this bulletin, the student must complete an officially approved course of study of not less than 48 units as outlined below. Also, students complete their degree by choosing either Plan A or Plan B. In Plan A, all students will include Nutrition 799A (thesis) or Exercise and Nutritional Sciences 799A (thesis) for completion of their degree, accompanied by a final oral examination on the field of the thesis and on the implications of the thesis research for the broader field of exercise and nutritional sciences. If students select Plan B, Exercise and Nutritional Sciences 790 (Directed Readings) is required for completion of the degree.

ENS 601	Experimental Methods in Exercise and Nutritional Sciences (3)
ENS 602	Research Evaluation in Exercise and Nutritional Sciences (3)
ENS 632	Physiological Chemistry of Exercise (3)
ENS 659	Exercise Cardiology and Pathology (3)
ENS 661	Seminar in Advanced Physiology of Exercise (3)
ENS 662	Advanced Exercise Physiology Laboratory (3)
ENS 666	Adult Fitness: Exercise Prescription (3)
ENS 668	Adult Fitness: Exercise Leadership and Administration (3)
ENS 796	Exercise Specialist Internship (3) Cr/NC
ENS 798	Special Study (2) Cr/NC/RP
NUTR 600	Seminar: Foods and Nutrition (3)
NUTR 607	Child Nutrition (3)
NUTR 608	Geriatric Nutrition (3)
NUTR 610	Nutrition and Energy (3)
NUTR 700	Seminar in Nutrition (3)
NUTR 798	Special Study (1) Cr/NC/RP

#### Plan A

NUTR 799A Thesis (3) Cr/NC/RP

OR

ENS 799A Thesis (3) Cr/NC/RP

#### or Plan B

ENS 790 Seminar in Directed Readings (3) Cr/NC

If a student, after entering the concurrent program leading to a Master of Science degree in nutritional science and a Master of Science degree in exercise physiology returns to a single degree program, all the requirements for the single degree program must then be met. A final oral examination in the field of the thesis and its implications to the broader fields of nutritional science and exercise physiology is also required.

The department expects the student to complete the degree requirements within seven years. Failure to complete the degree requirements within seven years will result in dismissal from the program.

## Courses Acceptable on Master's Degree Programs (NUTR)

Refer to *Courses and Curricula and Regulations of the Division of Graduate Affairs* sections of this bulletin for explanation of the course numbering system, unit or credit hour, prerequisites, and related information.

### UPPER DIVISION COURSES Nutrition Courses

#### NUTR 510. Nutrition and Community Health (3) I, II

Two lectures and three hours of activity.

Prerequisites: Grade of C or better in Nutrition 302, 302L, Nutrition 203, 304, and consent of instructor.

Nutritional problems in the community with consideration of their resolution. Field placement experience required.

#### NUTR 596. Advanced Studies in Nutrition (1-6)

Prerequisite: Nine upper division units in nutrition.

Advanced study of selected topics. See *Class Schedule* for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor's degree. Maximum credit of nine units of 596. No more than six units of 596 may be applied to either the bachelor's or master's degree. Maximum combined credit of six units of 596 and 696 applicable to a 30-unit master's degree.

### GRADUATE COURSES Nutrition Courses

#### NUTR 600. Seminar: Foods and Nutrition (3)

Prerequisites: Nutrition 301, 302, and 302L.

Introductory seminar of research and research publications in foods and nutrition.

#### NUTR 606. Physiological Bases of Diet Therapy (3)

Prerequisite: Nutrition 406. Recommended: Chemistry 361 or 560B.

Dietary modifications, adjunct to medical treatment, used to prevent and alleviate the biochemical and physiological symptoms of disease.

#### NUTR 607. Child Nutrition (3)

Prerequisites: Nutrition 302 and 302L.

Nutrition, health, and biochemical growth in children. Conditions leading to malnutrition, prevention, and correction.

#### NUTR 608. Geriatric Nutrition (3)

Prerequisites: Nutrition 302 and 302L.

Biomedical and psychosocial aspects of aging that affect food habits, nutritional status, and nutrient needs of elders.

#### NUTR 610. Nutrition and Energy (3)

Prerequisites: Nutrition 302, 302L, and 309.

Methods for measurement of energy intake and expenditure assessment, factors which control food intake and energy expenditure, and examination of normal and specialized needs of energy requirements.

#### NUTR 700. Seminar in Nutrition (3)

Prerequisites: Nutrition 302 and 302L.

Reading and analyses of basic and applied research in nutrition.

#### NUTR 798. Special Study (1-3) Cr/NC/RP

Prerequisite: Consent of staff; to be arranged with the instructor and approval of graduate program adviser.

Individual study. Maximum credit six units applicable to a master's degree.

#### NUTR 799A. Thesis (3) Cr/NC/RP

Prerequisite: An officially appointed thesis committee and advancement to candidacy.

Preparation of a thesis for the master's degree.

#### NUTR 799B. Thesis Extension (0) Cr/NC

Prerequisite: Prior registration in Thesis 799A with an assigned grade symbol of RP.

Registration required in any semester or term following assignment of RP in Course 799A in which the student expects to use the facilities and resources of the university, also student must be registered in the course when the completed thesis is granted final approval.

#### NUTR 799C. Comprehensive Examination Extension (0) Cr/NC

Prerequisite: Completion or concurrent enrollment in degree program courses.

Registration required of students whose only requirement is completion of the comprehensive examination for the master's degree. Registration in 799C limited to two semesters.

For a listing of exercise and nutritional sciences courses applicable to the Master of Science in nutritional science and Master of Science in exercise physiology see Kinesiology in this section of the bulletin.