
Nutritional Sciences

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

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Faculty

Janet C. Harris, Ph.D., Professor of Exercise and Nutritional Sciences,
Director of School

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

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

Larry S. Verity, Ph.D., Professor of Exercise and
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Donna L. Beshgetoor, 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 School 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 School of Exercise and Nutritional Sciences.

General Information

The School 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 School 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:

School 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 School 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 school 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 201, 302, 302L, 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
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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 school 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.