

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

Bachelor of Science in Exercise Science (BS.EXSC(NDTR)) & Master of Science Nutrition and Dietetics(MS.ND)

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 <sup>†</sup>	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 <sup>††</sup>	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	
<b>Total Core Credits</b>				<b>36</b>	

Major Requirements		Credits	Other Requirements		Credits	Professional Phase Requirements		Credits
_____	EXSC 219	3	_____	HCE 101 Holy Cross Exp.	1	_____	ND 601	3
_____	EXSC 219L	1				_____	ND 602	3
_____	EXSC 220PR	3				_____	ND 603	3
_____	EXSC 220LPR	1				_____	ND 604	3
_____	CHEM 113	3				_____	ND 605	3
_____	CHEM 113L	1				_____	ND 606	3
_____	CHEM 114	3				_____	ND 607	3
_____	CHEM 114L	1				_____	ND 608	3
_____	CHEM 241	3				_____	ND 609	3
_____	CHEM 241L	1				_____	ND 610	3
_____	EXSC 101	3				_____	ND 611	3
_____	EXSC 150	3				_____	ND 612	3
_____	EXSC 245	3				_____	ND 615	1
_____	EXSC 280	3				_____	ND 616	1
_____	EXSC 290	3				_____	ND 617	1
_____	EXSC 309	3				_____	ND 691 (optional)	1
_____	EXSC 310	3				_____	ND 692 (optional)	1
_____	EXSC 310L	1				_____	ND 693 (optional)	1
_____	EXSC 320	3						
_____	EXSC 330	3						
_____	EXSC 360	3						
_____	EXSC 370	3						
_____	MATH 126	3						
_____	SOC 101	3						
<b>Total Major Credits</b>		<b>60</b>	<b>Total Other Credits</b>		<b>1</b>	<b>Total Professional Phase Credits</b>		<b>42</b>

**Total Credits Required for the 3+2 Master of Science in Nutrition and Dietetics = 139**

**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-Graduate Phase) and Year 1 of the Graduate 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 Graduate Phase, students are awarded a Master of Science in Nutrition and Dietetics.

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

Effective 07/01/24

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

## 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 <sup>st</sup> Year		Credits	Spring – 1 <sup>st</sup> 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			
		<b>17</b>			<b>16</b>
Fall – 2 <sup>nd</sup> Year		Credits	Spring – 2 <sup>nd</sup> Year		Credits
_____	CHEM 241/L Organic Chemistry I w/ Lab	4	_____	EXSC 370 Biochemistry For Exercise & Nutrition	3
_____	EXSC 245 Principles of Health	3	_____	EXSC 290 Exercise Physiology <sup>PR</sup>	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
		<b>16</b>			<b>16</b>
Fall – 3 <sup>rd</sup> Year		Credits	Spring – 3 <sup>rd</sup> Year		Credits
_____	EXSC 219 Anatomy & Physiology for Exercise Science I w/ Lab	4	_____	EXSC 310 <sup>PR</sup> Assess. & Measurement in Exercise	3
_____	EXSC 309 <sup>PR</sup> Electrocardiology	3	_____	EXSC 310L <sup>PR</sup> Assess. & Measurement in Exercise Lab	1
_____	EXSC 330 <sup>PR</sup> Alternative Methods of Exercise	3	_____	EXSC 320 <sup>PR</sup> Exercise and Special Populations	3
_____	EXSC 360 <sup>PR</sup> Advanced Exercise Physiology	3	_____	EXSC 220 <sup>PR</sup> Anatomy & Physiology for Exercise Science II w/ Lab	4
_____	CORE Theology and Wisdom	3	_____	CORE Intercultural Competence	3
		<b>16</b>	_____	CORE Theology and the Good Life	3
					<b>17</b>

### GRADUATE PHASE (YEARS 4-5)

GRADUATE PHASE (YEARS 4-5)*					
YEAR 4		YEAR 5			
Fall Term, Accelerated Semesters 1, 2		Credits	Fall Term, Accelerated Semesters 1, 2		Credits
_____	ND 610 Physiological Basis Nutrition I	3	_____	ND 605 Nutrition through the Lifecycle	3
_____	ND 602 Physiological Basis Nutrition II	3	_____	ND 608 Principles of Foods w/Lab	3
		<b>6</b>	_____	ND 616 Food Systems Management RWPE SEL	1
					<b>7</b>
Spring Term, Accelerated Semesters 3, 4		Credits	Spring Term, Accelerated Semesters 3, 4		Credits
_____	ND 603 Nutrition Biochemistry I, Advanced Macronutrients	3	_____	ND 609 Medical Nutrition Therapy	3
_____	ND 604 Nutrition Biochemistry I, Advanced Vitamins and Minerals	3	_____	ND 606 Advanced Sports Nutrition and Exercise Metabolism w/Lab	3
_____	ND 691 Nutrition Thesis, part 1 (optional)	1	_____	ND 617 Clinical Nutrition RWPE SEL	1
		<b>7</b>			<b>7</b>
Summer Term, Accelerated Semesters SS1, SS2		Credits	Summer Term, Accelerated Semesters SS1, SS2		Credits
_____	ND 612 Nutrition Research Methods	3	_____	ND 611 Food Systems and Health w/Lab	3
_____	ND 610 Nutrition Communications and Counseling	3	_____	ND 607 Advanced Leadership/Management for Allied Health Careers	3
_____	ND 692 Nutrition Thesis, part 2 (optional)	1	_____	ND 693 Nutrition Thesis, part 3 (optional)	1
_____	ND 615 Community Nutrition SEL RWPE	1	_____	GRAD 500 Graduation	0
		<b>8</b>			<b>7</b>

**\*Notes:** During the Graduate Phase (Y 4-5), all graduate course work is completed Online. All terms are accelerated, 7- week semesters; each 3.0 credit Graduate Course is taken one-at-a-time, every 7- weeks during this part-time program, inclusive of Summer Terms.

The Nutrition Research Thesis is optional. Thesis “courses” are completed over the traditional term (15 weeks).

RWPE SEL is completed in Community, Clinical and Food Systems / Services Management work sites. A minimum of 225 hours in each of these areas is required to meet the competencies. RWPE SEL “courses” are completed over the traditional term (15 weeks).