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
College Sem.		Quest for Meaning	CSEM 100	3
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**

Notes/Instructions

†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 Ry Major requirement listed below.

	Major Requirements	Credits
	EXSC 219	3
	EXSC 219L	1
	EXSC 220PR	3
	EXSC 220LPR	1
	CHEM 113	3
	CHEM 113L	1
	CHEM 114	3
	CHEM 114L	1
	CHEM 241	3
	CHEM 241L	1
	EXSC 101	3
	EXSC 150	3
	EXSC 245	3
	EXSC 280	3
	EXSC 290	3
	EXSC 309	3
	EXSC 310	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**

	Other Requirements	Credits
	HCE 101 Holy Cross Exp.	1
	Total Other Credits	**1**

	Professional Phase Requirements	Credits
	ND 601	3
	ND 602	3
	ND 603	3
	ND 604	3
	ND 605	3
	ND 606	3
	ND 607	3
	ND 608	3
	ND 609	3
	ND 610	3
	ND 611	3
	ND 612	3
	ND 615	1
	ND 616	1
	ND 617	1
	ND 691 (optional)	1
	ND 692 (optional)	1
	ND 693 (optional)	1
	CPSS 501	3
	CPSS 502	3
	CPSS 503	3
	CPSS 504	3
	Total Professional Phase Credits	**42**

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-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 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 07/01/25

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 – 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 220PR Anatomy & Physiology for Exercise Science II w/ Lab	4
	EXSC 245 Principles of Health	3		EXSC 290 Exercise PhysiologyPR	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 310PR Assess. & Measurement in Exercise	3
	EXSC 309PR Electrocardiology	3		EXSC 310LPR Assess. & Measurement in Exercise Lab	1
	EXSC 330PR Alternative Methods of Exercise	3		EXSC 320PR Exercise and Special Populations	3
	EXSC 360PR Advanced Exercise Physiology	3		EXSC 370 Biochemistry For Exercise & Nutrtiion	3
	CORE Theology and Wisdom	3		CORE Intercultural Competence	3
				CORE Theology and the Good Life	3
		16			**16**

GRADUATE PHASE (YEARS 4-5)

	Fall – 4th Year	Credits		Spring – 4th Year	Credits
	ND 601 Physiological Basis of Nutrition I	3		ND 611 Nutritional Biochemistry I – Macronutr.	3
	ND 602 Physiological Basis of Nutrition II	3		ND 612 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
				ND 691 Nutrition Thesis Part I (optional)	1
		12			**12**
	Summer – 4th Year	**Credits**			
	ND 612 Nutrition Research Methods	3			
	ND 692 Nutrition Thesis – Part II (optional)	1			
	ND 610 Nutrition Comm. & Counseling	3			
	ND 615 RWPE – Community Nutr. SEL	1			
		7			
	Fall – 5th Year	**Credits**		**Spring – 5th Year**	**Credits**
	ND 605 Nutrition through Lifecycle	3		ND 609 Medical Nutrition Therapy	3
	ND 608 Principles of foods and management	3		ND 606 Adv Sports Nutrition and E-Metabolism	3
	ND 616 RWPE – Food Systems Management SEL	1		ND 617 RWPE – Clinical Nutrition SEL	1
		7			**7**
	Fall – 5th Year	**Credits**			
	ND 611 Food systems and health	3			
	ND 540 Dietary Supplements and Herbal Medic.	3			
	ND 693 Nutrition Thesis – Part III (optional)	1			
		6			

See reverse side for a suggested sequence