***Program Requirements***

***For Students Entering with a Master’s Degree***

**Curriculum (60.0 credit minimum, if already holding a Master’s degree)**

**Research Core: (15.0 credit hours)**

1) STAT 725 Applied Statistics (3.0)

2) 6.0 additional credits in statistics (at least 3.0 of which must be from Statistics department)

3) HNES 710 Recent Literature and Research or HNES 777 Current Research and Practices in Athletic Training (3.0)

4) 3.0 additional credits in research methodology (from Psychology, HDFS, or HNES)

**Required HNES Core: (16.0 credits)**

1) HNES 726 Nutrition and Wellness (3.0)

2) HNES 727 Physical Activity and Wellness (3.0)

3) HNES 743 Obesity Across Lifespan (3.0)

4) HNES 754 Assessment in Physical Activity and Nutrition (3.0)

5) HNES 790: Seminar (4.0 credits; 1.0 credits/semester required for each of the first two years enrollment)

**Choose three courses under one of the following options: (9.0 credits)**

Exercise Science Nutrition

1) HNES 703 Grad Biomech of Sports and Ex 1) HNES 652 Nutrition, Health, and Aging

2) HNES 713 Graduate Exercise Physiology 2) HNES 655 Sports Nutrition

3) HNES 760 Skeletal Muscle Physiology 3) HNES 721 Health Promotion Programming

4) HNES 761 Phy and Fit Assess in Ex and Nut 4) HNES 724 Nutrition Education in the Community

**Research Practicum: (minimum of 3.0 credits)**

-HNES 794 Practicum/Internship

**Electives: (minimum 4.0 credits)**

-4.0 credits (maximum of 3.0 credits Independent Study)

**Teaching Practicum: (minimum of 3.0 credit hours, may be waived with significant evidence of teaching experience based on committee approval)**

-HNES 794 Practicum/Internship

**Dissertation: (10.0-15.0 credits)**

-Must encompass at least two separate semesters

***For Students Entering with a Bachelor’s Degree***

**Curriculum (90.0 credit minimum without Master’s degree)**

**Research Core: (18.0 credit hours)**

1) STAT 725 Applied Statistics (3.0)

2) 6.0 additional credits in statistics (at least 3.0 of which must be from Statistics department)

3) HNES 710 Recent Literature and Research (3.0) or HNES 777 Current Research and Practices in Athletic Training (3.0)

4) 6.0 additional credits in research methodology (from Psychology, HDFS, or HNES)

**Required HNES Core: (18.0 credits)**

1) HNES 726 Nutrition and Wellness (3.0)

2) HNES 727 Physical Activity and Wellness (3.0)

3) HNES 743 Obesity Across Lifespan (3.0)

4) HNES 754 Assessment in Physical Activity and Nutrition (3.0)

5) HNES 790: Seminar (6.0 credits; 1.0 credits/semester required for each of the first three years enrollment)

**Choose one of the following two options: (12.0 credits)**

Exercise Science Nutrition

1) HNES 703 Grad Biomech of Sports and Ex 1) HNES 652 Nutrition, Health, and Aging

2) HNES 713 Graduate Exercise Physiology 2) HNES 655 Sports Nutrition

3) HNES 760 Skeletal Muscle Physiology 3) HNES 721 Health Promotion Programming

4) HNES 761 Phy and Fit Assess in Ex and Nut 4) HNES 724 Nutrition Education in the Community

**Research Practicum: (9-12 credits)**

-HNES 794 (must be taken over at least two separate semesters)

**Electives: (minimum 20.0 credits)**

-20.0 credits (maximum of 6.0 credits Independent Study)

**Teaching Practicum: (3.0-6.0 credit hours,** **may be waived with significant evidence of teaching experience based on committee approval)**

-HNES 794 Practicum/Internship

**Dissertation: (10-15.0 credits)**

-Must encompass at least two separate semesters

**Ph.D. Student Expectations**: To be completed prior to Dissertation Proposal (in no particular order):

* Presentation of a research abstract at a regional or national meeting
* Completed literature review on a topic of choice, guided by major advisor
* Data-based research presentation to HNES graduate faculty
* Completion of discipline-specific teaching experience
* Mentoring of at least one MS thesis project, including assistance with data analysis
* Submission of at least one collaborative research manuscript to a peer-reviewed journal
* Evidence of discipline-specific service activities
* *To be completed prior to Dissertation being submitted to Graduate School:*
* Submission of two separate research manuscripts, from dissertation, to peer-reviewed journals

**Ideas for Additional Courses** (regardless of initial entry status):

**Statistics course options:**

HDFS 705: Quantitative Methods in Developmental Science

STAT 662: Intro to Experimental Design

STAT 663: Nonparametric Statistics

STAT 670: Statistical SAS Programming

STAT 726: Applied Regression Analysis

STAT 730: Biostatistics

STAT 764: Multivariate Methods

**Research Methods course options:**

EDUC 779 Survey Research

HDFS 758 Longitudinal Research Methods and Analysis

HDFS 790 Problems in Research Methods

MICR 674 Epidemiology

PSYC 640 Experimental Methods

PSYC 762 Advanced Research Methods and Analysis

PSYC 771 Social/Health Psychology Research

SOC 700 Qualitative Methods

SOC 701 Quantitative Methods

**Electives:**

COMM 702 Introduction to College Teaching

HDFS 702 Teaching Developmental Science

HNES 704 Psychological Foundation of Sport & Physical Activity

HNES 725 Promoting Health Through Policy Systems and Environment

HNES 745 Community Health Leadership

HNES 796 Special Topics in Obesity

NURS 630 Advanced Community Assessment

PSYC 681 Health Psychology

Or other courses as approved by Major advisor and committee