## Plan of Study – Example

[For students entering with a Master’s degree]

<table>
<thead>
<tr>
<th>Prefix</th>
<th>Course #</th>
<th>Course Name</th>
<th># of Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>Exercise Science &amp; Nutrition Ph. D.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Research Core (15 credits)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>STAT</td>
<td>725</td>
<td>Applied Statistics</td>
<td>3</td>
</tr>
<tr>
<td>STAT</td>
<td>XXX</td>
<td>Six additional credits in statistics</td>
<td>6</td>
</tr>
<tr>
<td>HNES</td>
<td>710 or 777</td>
<td>Recent Literature Research – or Current Research &amp; Practices in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>HNES, HDFS, PSYC</td>
<td>XXX</td>
<td>Three additional credits in research methodology</td>
<td>3</td>
</tr>
<tr>
<td><strong>Required Core (16 credits)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HNES</td>
<td>726</td>
<td>Nutrition &amp; Wellness</td>
<td>3</td>
</tr>
<tr>
<td>HNES</td>
<td>727</td>
<td>Physical Activity &amp; Wellness</td>
<td>3</td>
</tr>
<tr>
<td>HNES</td>
<td>743</td>
<td>Obesity Across Lifespan</td>
<td>3</td>
</tr>
<tr>
<td>HNES</td>
<td>754</td>
<td>Assessment in Physical Activity and Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HNES</td>
<td>790</td>
<td>Seminar (1 credit/semester required for each of the first two years of enrollment)</td>
<td>4</td>
</tr>
</tbody>
</table>

**Electives***: Four credits minimum (Maximum of three credits – Independent Study)

**Choose three courses under one of the following options (9 credits):**

**Exercise Science**
- HNES 703 Grad Biomech of Sports and Ex
- HNES 713 Graduate Exercise Physiology
- HNES 760 Skeletal Muscle Physiology
- HNES 761 Phy and Fit Assess in Ex and Nut

**Nutrition**
- HNES 652 Nutrition, Health and Aging
- HNES 655 Sports Nutrition
- HNES 721 Health Promotion Programming
- HNES 724 Nutrition Education in the Community

**Research Practicum (3 credits minimum)**
- HNES 794 Research

**Teaching Practicum (3-6 credits)**
- HNES 794 Teaching – should be taken twice teaching two separate courses.

**Dissertation (10-15 credits) – must encompass at least two separate semesters**
- HNES 899

**Exercise Science & Nutrition Ph. D.**

**Gerontology Ph.D. (dual-major)**
- HDFS 722 Method and Theories in Gerontology
- ADHM 665 Aging and the Environment
- EDUC 717 Adult Learning
- HDFS 760 Aging Policy
- HDFS 786 Advanced Human Development: Middle to Late Adulthood
- HNES 652 Nutrition, Health and Aging OR
- HNES 726 Nutrition in Wellness OR
- HNES 727 PA and Wellness

**Total credits to be taken to obtain dual-major Ph. D.**

78-91

*Gerontology requirements can be used to fulfill elective requirements

This document was last updated on 12/23/15