



Department of Family, Nutrition, and Exercise Sciences

Dear Prospective Student:

Thank you for your interest in our new MS degree program in Nutrition and Exercise Sciences, one of many programs offered by the Department of Family, Nutrition and Exercise Sciences (FNES) at Queens College. FNES is one of eight Departments in the Division of Mathematics and Natural Sciences, and the program is designed for students with genuine interest and strong aptitude in the sciences. Employment in this field will require self-motivation and creativity as new career opportunities arise. A general description of the new degree program and the required curriculum follows:

The MS in Nutrition and Exercise Sciences (Exercise Science Specialization)

The MS degree program in Nutrition and Exercise Sciences provides for intensive study in the combined disciplines of nutrition and exercise science, and is designed for students specializing in the maintenance of cardiovascular health and wellness through healthy diets and regular physical activity. Students are prepared for positions in corporate and hospital based programs in health, cardiovascular fitness for adults and senior citizens; and adult health and fitness programs in health clubs, adult education centers, sports medicine and physical rehabilitation centers, and preventive health agencies.

The curriculum for the Exercise Science Specialization is comprised of 36 credits in exercise sciences, which includes a comprehensive examination, thesis, or research paper. The required courses are provided in an attachment. Entrance into the graduate program requires an undergraduate degree in Nutrition and Exercise Sciences, Exercise Science, or Physical Education. Those students who have undergraduate preparation in biology, chemistry or allied areas of nutrition and exercise sciences will also be considered. Those interested in the program should consult with the graduate adviser, Dr. Anoop Thozhuthungal Balachandran at 718-997-2727.

All students who are interested in attending must file an Application of Matriculation before the **May 15th** deadline for Fall semester and **December 15th** for Spring semester. To be accepted as matriculated student, the applicant must have a cumulative grade point average of "B" or better. The application must be processed electronically at: http://www.qc.cuny.edu/admissions/graduate/which_application

Sincerely,
Anoop Thozhuthungal Balachandran, Ph. D.
Graduate Adviser

*Department of Family, Nutrition, and Exercise Sciences
Queens College of the City University of New York*

Program for the Master of Science Degree in Nutrition and Exercise Sciences with specialization in Exercise Science

The MS degree program in Nutrition and Exercise Sciences offers Nutrition and Exercise Sciences students the opportunity for advanced study in three areas of specialization including nutrition, exercise sciences, or nutrition and exercise sciences. Requirements for matriculation, general requirements for the degree, and descriptions of individual areas of specialization with required courses are listed below:

These requirements are in addition to the general requirements for admission for matriculation

Exercise Science Specialization

1. An undergraduate degree in physical education, exercise science or an equivalent area with a minimum GPA of 3.0.
2. Students without an undergraduate degree in one of the above areas must satisfy the following:
 - a) An undergraduate degree with minimum GPA of 3.0.
 - b) Make up deficiencies as specified by the department.
3. Approval of the graduate exercise science adviser.
4. An interview may be required.

These requirements are in addition to the general requirements for the Master of Science Degree

1. Students must complete 36 credits with a minimum average of B (GPA of 3.0).
2. Students must complete a research project as described under FNES 797, or complete a written comprehensive examination and one additional elective course.
3. All elective courses must be approved by the appropriate graduate adviser.

Areas of Specialization with Required Courses - Exercise Science

The MS degree program with specialization in exercise science offers a sequence of courses that prepare students for careers in adult fitness and wellness, corporate and executive fitness, general health promotion, and cardiac rehabilitation. Students are exposed to cardiovascular fitness programs in commercial and clinical settings where their primary responsibility is initiating, directing, and evaluating programs that promote enhanced health and fitness. Course work is blended with clinical experience, and students are mentored in the development and completion of individual research projects. The human performance laboratory provides for measurement of muscular strength and endurance, body composition analysis, and metabolic, cardiovascular and respiratory function during exercise. Clinical research experiences that focus on the health implications of regular exercise as well as in depth supervised field experiences are provided through a wide variety of corporate and clinical internships. In addition, the program prepares students for more advanced study in exercise science. Required courses in the exercise science specialization include: FNES 702, 719, 720, 721, 722, 723, 724, 725, 726, a 700 level elective course (3 credits), 796, and 797 or pass a written comprehensive examination plus one additional elective course (3 credits) from FNES 708, 730, 740, or other courses as approved by the graduate exercise science adviser. Students who are interested in the specialization should consult with the graduate exercise sciences adviser, Dr. Anoop Thozhuthungal Balachandran at 718-997-2727.

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**Master of Science Degree: Nutrition and Exercise Sciences
Concentration in Exercise Science**

FNES 702	Statistical Methods in FNES (Fall and Spring)	3 cr.
FNES 719	Cardiac Rehabilitation and Prevention (Spring)	3 cr.
FNES 720	Physiological Principles of Fitness and Training (Fall)	3 cr.
FNES 721	Principles of Electrocardiography & Stress Training (Fall)	3 cr.
FNES 722	Exercise, Nutrition and Weight Control (Spring)	3 cr.
FNES 723	Physical Activity and Cardiovascular Health (Fall)	3 cr.
FNES 724	Adult Fitness and Exercise Prescription (Preq.: FNES 721) (Spring)	3 cr.
FNES 725	Measurement of Physical Fitness and Body Composition (Preq.: FNES 720 and 721, or equivalent) (Spring)	3 cr.
FNES 726	Internship in Adult Fitness and/or Cardiac Rehabilitation ❶ (Fall and Spring)	3 cr.
FNES 796	Research Methods in Nutrition and Exercises Sciences (Preq.: FNES 702)	3 cr.
FNES 797 <u>or</u>	Research Project in Nutrition and Exercise Sciences (Preq.: FNES 796) FNES elective ❷ (must take written comprehensive examination❸ with this choice)	3 cr.
FNES	Elective❷	3 cr.
Total Credits		36 Credits

❶ Must complete 24 credits including FNES 724 before enrolling.

❷ Must be approved in advance by the graduate adviser.

❸ Written Comprehensive examination is offered in Fall & Spring only.

Degree Requirement: Students must complete a research project that culminates in a comprehensive written research report (FNES 797), or pass a written comprehensive examination in the major fields of study (Note: students must select one of these options in FNES 796).

Recommended Course Sequence

MS Nutrition and Exercise Sciences – Concentration in Exercise Science

The following courses should be taken early in the sequence:

FNES 719	Cardiac Rehabilitation and Prevention
FNES 720	Physiological Principles of Fitness and Training
FNES 721	Principles of Electrocardiography & Stress Testing
FNES 722	Exercise, Nutrition and Weight Control
FNES 723	Physical Activity and Cardiovascular Health

The following courses should be taken midway through the program:

FNES 702	Statistical Methods in FNES
FNES 724	Adult Fitness and Exercise Prescription (Preq.: FNES 721)
FNES 725	Measurement of Physical Fitness and Body Comp. (Preq.: FNES 720 and 721)
FNES	Elective

The following courses should be taken later in the sequence:

FNES 726	Internship in Adult Fitness and/or Cardiac Rehabilitation④
FNES 796	Research in Nutrition and Exercise Sciences (Preq.: FNES 702)
FNES 797	Research Project in Nutrition and Exercise Sciences (Preq.: FNES 796)
<u>or</u>	FNES Elective (Requires completion of a written comprehensive examination, offered in Fall and Spring only)

④ Must complete 24 credits including FNES 724 before enrolling.

File Diploma with the Registrar's Office early in the final semester for graduation, otherwise graduation will be postponed and additional fees will apply. Students select the written comprehensive exam option must notify in writing the graduate adviser, early in the final semester, to schedule the exam.