



Department of Family, Nutrition, and Exercise Sciences

Dear Prospective Student:

Thank you for your interest in our MS degree program in Nutrition and Exercises, 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 required curriculum follows:

The MS in Nutrition and Exercise Sciences

The MS degree program in Nutrition and Exercise Sciences provides for intensive study in the combined disciplines of nutrition and exercise sciences, 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, wellness and cardiac rehabilitation; community based programs in nutrition and fitness for adults and senior citizens; and adult health and fitness programs in health clubs, adult education centers, sport medicine and physical rehabilitation centers, and preventive health agencies.

The curriculum for the Nutrition and Exercise Sciences Specialization is comprised off 36 credits in nutrition and 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. However, individuals with academic preparation in students who have undergraduate preparation in biology, chemistry of allied areas of nutrition and exercise sciences will also be considered. Those who are 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 deadline of **May 15th** for Fall semester and **December 15th** for Spring semester. To be accepted as a 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

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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:
Specialization in Nutrition and Exercise Sciences**

The MS degree program in Nutrition and Exercise Sciences offers students the opportunity for advanced study in three areas of specialization including nutrition, exercise science, 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

Nutrition and Exercise Sciences

1. An undergraduate degree in Nutrition and Exercise Sciences 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 a minimum GPA of 3.0
 - b) BIO 43, Anatomy & Physiology, 4 cr. (Prereq.: BIO 11, Intro to College Biology and CHEM 102.3 & 102.1, formerly CHEM 159, Basic Organic Chemistry Lecture & Lab) or the equivalent.
 - c) FNES 263, Nutrition I, 3 cr. (Prereq.: CHEM 102.3 & 102.1) or the equivalent.
 - d) FNES 264, Nutrition II, 3 cr. (Prereq.: FNES 263) or the equivalent.
 - e) FNES 342, Physiology of Muscular Activity, 3 cr. (Prereq.: BIO 43 and CHEM 101.3 & 101.1, formerly CHEM 19, Basis Chemistry Lecture & Lab) or the equivalent.
3. Approval of the graduate nutrition and exercise sciences 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 report 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 graduate adviser.

Areas of Specialization with Required Courses – Nutrition and Exercise Sciences

The MS degree program with specialization in nutrition and exercise sciences provides for advanced study in the combined disciplines of nutrition and exercise science. The program offers opportunity for in-depth study through didactic learning, hands-on field experience, and the development and completion of individual research projects. This program will develop highly competent professionals in the field of nutrition and exercise sciences that will be prepared to provide the general public with legitimate, prudent, and effective ways to improve health, wellness, and fitness in the global marketplace. Students are prepared to direct and administer programs in nutrition, cardiovascular fitness and wellness in a wide variety of corporate, hospital, community, sports medicine, physical and cardiac rehabilitation centers, and other clinical and preventive health agencies. In addition, the program will prepare students to enter doctoral programs in nutrition and exercise sciences, and conduct research that will contribute to the body of knowledge in this new and growing discipline. Required courses in the nutrition and exercise sciences specialization include: FNES 702, 707 or 720 (based on student's background and approval of the graduate adviser), 721, 722, 724, 725, 726, 762, 767, 768, 796, and 797 or pass a written comprehensive examination plus one elective course (3 credits) from 707, 708, 719, 720, 723, 730, 740, 770 or other courses as approved by the graduate nutrition and exercise sciences adviser. Students who are interested in the specialization should consult with the graduate nutrition and exercise sciences adviser, Dr. Michael Toner (781-997-2710).

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

FNES 702	Statistical Methods in FNES (Fall and Spring)	3 cr.
FNES 720 <u>or</u>	Physiological Principles of Fitness and Training (Fall) FNES 707 Cultural and Ethnic Foods ❶ (To be announce)	3 cr.
FNES 721	Principles of Electrocardiography & Stress Testing (Fall)	3 cr.
FNES 722	Exercise, Nutrition and Weight Control (Spring)	3 cr.
FNES 724	Adult Fitness & Exercise Prescription (Preq.: FNES 721) (Spring)	3 cr.
FNES 725	Measurement of Physical Fitness and Body Composition (Preq.: FNES 720 and 721) (Spring)	3 cr.
FNES 726	Internship in Adult Fitness and/or Cardiac Rehab (Preq.: Completion of 24 credits including FNES 724) (Fall and Spring)	3 cr.
FNES 762	Nutrition Counseling (Spring)	3 cr.
FNES 767	Advanced Diet Therapy (Fall)	3 cr.
FNES 768	Advanced Nutrition (Fall)	3 cr.
FNES 796	Research Methods in Nutrition and Exercise Sciences (Preq.: FNES 702)	3 cr.
FNES 797 <u>or</u>	Research Project in Nutrition and Exercise Sciences (Preq.: FNES 796) FNES Elective (Must pass a written comprehensive examination, offered in Fall & Spring only)	3 cr.

Total Credits	36 credits
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❶ Selection of FNES 720 or FNES 707 is based on previous background and recommendation of the graduate adviser.

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 field of study (Note: students must select one of these options in FNES 796).

Fall 2019

Recommended Course Sequence

MS Nutrition and Exercise Sciences Nutrition and Exercise Sciences Specialization

The following courses should be taken early in the sequence:

- FNES 720 Physiological Principles of Fitness and training
 or FNES 707 Cultural and ethnic Foods
- FNES 721 Principles of Electrocardiography & Stress Testing
- FNES 722 Exercise, Nutrition and Weight Control
- FNES 767 Advanced Diet Therapy
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The following courses can be taken at any time:

- FNES 702 Statistical Methods in FNES
- FNES 724 Adult Fitness and Exercise Prescription (Preq.: FNES 721)
- FNES 725 Measurement of Physical Fitness and Body Composition (Preq.: FNES 720 and 721)
- FNES 762 Nutrition Counseling (offered every third semester)
- FNES 768 Advanced Nutrition (offered every third semester)
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The following courses should be taken later in the sequence:

- FNES 726 Internship in Adult Fitness and/or Cardiac Rehabilitation (Preq.: Completion of 24 credits including FNES 724)
- FNES 796 Research Methods in Nutrition and Exercise Sciences (Preq.: FNES 702)
- FNES 797 Research Project in Nutrition and Exercise Sciences (Preq.: FNES 796)
 or FNES Elective (Requires completion of written comprehensive examination, offered in Fall and Spring only)
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File Diploma with the Registrar's Office early in the final semester for graduation, otherwise graduation will be postponed and additional fees will be applied. Students selecting the written comprehensive examination option must, early in the final semester, notify the graduate adviser in writing to schedule the exam.