



EZELL CENTER

Graduate

Graduate Studies in  
**EXERCISE and  
NUTRITION SCIENCE**



**Autumn Marshall, co-director of graduate studies in exercise and nutrition science; Allen Arena; Students demonstrate exercise science techniques in an on-campus facility.**

# Graduate Studies in Exercise and Nutrition Science

## Master of Science

### *Co-Directors*

**Dr. Kent D. Johnson**

**Dr. Autumn Marshall**

The M.S. in Exercise and Nutrition Science is a 32-36 hour program combining the disciplines of Exercise Science and Nutrition. Students with a background in Exercise Science, Nutrition, or other Allied Health or Science areas will have advanced educational opportunities in either a Wellness (working with healthy individuals) or Clinical track. Students will choose a thesis or practicum option as their culminating experience. For more information, look online at [exns.lipscomb.edu](http://exns.lipscomb.edu).

### Key Strengths

- Program flexibility—Four core courses, with electives designed to meet professional and educational goals
- Thesis or practicum option
- Interdisciplinary curriculum
- Opportunities for research or networking with local organizations for practical experience
- Certification opportunities through ACSM or other professional organizations
- R.D. internship available (students must satisfy all prerequisites and be accepted into internship appointment)

### Career Opportunities

- Exercise and fitness practitioner
- Wellness/Fitness facility manager or administrator
- Community health departments and agencies
- Cardiac or pulmonary rehabilitation programs
- Healthcare facilities
- Food science and technology (with completion of R.D. [Registered Dietitian] requirement)
- Sales and marketing

## Admission Policies and Procedures

Applicants to graduate programs must submit the following:

- 1. Application Form.** Each applicant must complete an application form. The application form is available at <http://gradstudies.lipscomb.edu/>, then click on Admissions, then APPLY TODAY. The application can be completed online or downloaded in a PDF version.
- 2. Application Fee.** Each application should be accompanied by a \$50 nonrefundable application fee (\$75 for international students).
- 3. Standardized exam score.** Each applicant must submit their scores from the Graduate Record Examination (GRE). For more information on the GRE, visit <http://www.ets.org/> and click on GRE.) A minimum combined score of 800 is required. Students who have already earned a master's level degree may apply to the program without submitting a standardized test score.
- 4. References.** Two letters of reference are required as follows: one from a college or university administrator or professor and one from a professional supervisor/employer, or personal reference.
- 5. Official Transcript(s).** Each applicant must submit an official transcript, showing degree conferral when appropriate, from all schools attended.
- 6. Health Form.** Each applicant must submit a completed health form signed by a healthcare provider. (To print a copy of the health form, visit <http://healthcenter.lipscomb.edu/> and click on Health Record Form).
- 7. FERPA.** The Federal Educational Rights and Privacy Act affords students certain rights of access to educational records; even if you are independent of your parents, you must submit this form prior to enrollment.

**8. Resume.** A resume detailing the applicant's work experience which must include no less than three years of gainful employment in a field of the applicant's choice, following the completion of undergraduate, graduate or professional school degrees, is required.

**9. TOEFL.** The Test of English as a Foreign Language (TOEFL) is required for international students. (See section titled International Students for more information.)

All application items should be submitted to the Kinesiology Department office no later than 30 days before the beginning of the semester or term in which the student plans to enroll. Forms should be mailed to: Kinesiology Department, Lipscomb University, One University Park Drive, Nashville TN 37204-3951.

### Transfer and Waiver of Courses

Although all graduate credit hours may be transferred from another accredited institution, a maximum of 9 hours will be counted toward the M.S. in Exercise and Nutrition Science degree. The director or appropriate faculty member of the graduate program will evaluate the course(s) being proposed for transfer and make a determination of suitability. No course with a grade below a "B" will be considered for transfer.

### Student Classifications

Students are admitted to graduate courses in one of five categories:

**1. Graduate Student:** one who has satisfied all admissions requirements. (Average of 2.75 on undergraduate work, GRE acceptable scores.)

**2. Conditionally Admitted Student:** one who has been admitted conditionally, without satisfying all admission requirements.

The student may be conditionally admitted to the program at the discretion of the program director and must complete a minimum of nine hours of graduate work with a grade of "B" or above before the conditional admission is removed.

**3. Non-Degree Student:** one who has been admitted to graduate studies and has met all admission requirements except GPA or GRE. The student may take up to 9 semester hours for graduate credit. Those hours may be applied toward a master's degree if the student makes a grade of "B" or better in the courses taken for credit and if all admission requirements (GPA and entrance test score) are met and the student is formally admitted to a graduate program as a degree-seeking student.

**4. Unclassified Student:** one who does not meet the academic requirements for regular admission and wants to take courses in the graduate curriculum; no academic credit will be awarded; continuing education units may be awarded. A student who has an incomplete admission file at the time of registration and who has been admitted as an unclassified student has until the final "drop date" in the first semester in which the student attends classes to satisfy all admission requirements; at that time, if the requirements have been satisfied, the student's classification will be changed to either "Graduate Student," "Conditionally Admitted," or "Transient Student."

**5. Transient Student:** one who is currently enrolled as a student in good standing at the post-bachelor's level at another graduate school, wishes to take courses at Lipscomb, and desires to have transcript evidence of course work done at Lipscomb provided for the school of primary enrollment.

**6. Probationary Student:** one who has been readmitted to a graduate program following academic suspension from the program.

Admission to a program does not imply admission to candidacy for the master's degree. Only those students who meet the requirements for "Graduate Student" described above are eligible for candidacy.

## Academic Policies

### Course Load

A student enrolled for 9 hours is considered a full-time student. No student will be permitted to enroll for more than 12 hours per semester without special approval from the director of the graduate program.

### Academic Standing

**1. Good Academic Standing:** To remain in good academic standing, the M.S. in Exercise and Nutrition Science student must maintain a cumulative 3.00 GPA and a 3.00 GPA on the most recent 12 semester hours of work.

**2. Probation:** Should the student's cumulative graduate GPA fall below 3.00, he/she will be placed on academic probation. A student on academic probation will not be allowed to enroll for more than 6 hours during any term the probation applies.

The probationary student is required to achieve a 3.00 cumulative GPA by the time the student has completed the next 9 hours of course work. A course(s) may be repeated to achieve the requisite GPA. If the requisite GPA is attained, the academic probation status will be removed.

**3. Suspension:** If the requisite GPA is not attained, the student will be suspended from graduate studies at Lipscomb for the following semester, after which the student may apply for readmission. The student may be required to appear before the Graduate Committee.

Failing grades will provide no credit toward the degree but will be included in figuring scholarship level, unless replaced with a higher grade by repeating the course(s). A 3.00 GPA must be maintained to be eligible for financial assistance.

**4. Appeals:** Appeals to suspension decisions should be made in writing to the Associate Provost for Graduate Studies. Appeals must be received no later than 4:30 pm on the Monday of the week before classes begin for the term during which the student wished to be readmitted.

## Degree Completion Requirements

### Residency

No period of formal residency is required for a degree in a master's program.

### Statute of Limitations

All requirements for the M.S. in Exercise and Nutrition Science degree must be completed within a 5-year period from the time of initial matriculation.

### Candidacy

Admission to a program does not imply admission to candidacy for the master's degree. During the course of pursuing the M.S. in Exercise and Nutrition Science degree, the student must be admitted to "candidacy." For admission to candidacy the student must satisfy the following:

1. Complete all required undergraduate deficiencies if admitted on condition.
2. Complete at least twelve hours of graduate work.
3. Maintain a 3.00 GPA on all courses taken toward the requirements for the degree with no incomplete grades.
4. File an "Application for Candidacy" form with the graduate program office.
5. File a degree plan in the graduate program office which meets all requirements and is approved by the administrator of the graduate program and the dean of the college. The degree plan must be filed at the same time that an "Application for Candidacy" is filed.

After admission to candidacy and approval of the degree plan, any changes in the degree plan must be approved by the administrator of the graduate program and the dean of the college. The application for candidacy must be filed before the beginning of the student's last semester in the program. No student will be allowed to graduate in the same semester in which the application for candidacy is filed.

### Minimum Credits

The M.S. in Exercise and Nutrition Science requires 32-36 semester hours, depending on whether a student pursues the thesis or practicum option. This requirement does not include hours accumulated to satisfy academic deficiencies.

### Minimum GPA

The minimum cumulative grade point average (GPA) for all graduate education programs is 3.00 for all graduate courses taken for graduate credit while pursuing the degree. No grade below a "C" is acceptable. Such grades will not apply toward degree completion.

## Graduation

Students must register for GN 999X the semester prior to and the semester in which all coursework will be completed for graduation. Students who do not file their Intent to Graduate form in the Registrar's Office by the end of the first week of their last semester may be delayed in graduating.

Graduate students receiving degrees are hooded during the May and December commencement exercises.

## Appeals

Any exceptions to the above stated requirements would require approval via the appeal process established by the Graduate Academic Leadership Team.

## Comprehensive Examinations in Exercise and Nutrition Science

A written comprehensive examination over the material covered is required of all candidates for the M.S. in Exercise and Nutrition Science. In special cases an oral examination may also be necessary. A student must apply for the comprehensive examination by the time the student has completed 27 hours of the required course work for graduation. The examination must be completed no later than one semester after the completion of the degree program course work. The purpose of the examination is to assess the student's ability to apply principles covered in the M.S. degree program and to analyze, synthesize, and evaluate information related to the content of the degree program.

## Thesis and Practicum

Students are required to select either a thesis or practicum as their culminating experience in the Exercise and Nutrition Science program.

## Financial Information

### Tuition and Fees for 2009-10

*Basic charges\* per semester for graduate program:*

Tuition per semester hour of graduate credit (includes Campus Safety Fee) .....	\$700
Audit fee per course of graduate work .....	\$295

*Special Fees*

Application Fee (\$75 for international students).....	\$50
Late registration/Late becoming official fee** .....	\$175
Withdrawal fee .....	\$180
TMS (Monthly Payment) enrollment fee (not available summer).....	\$80
Returned check fee .....	\$30
Graduation fee.....	\$185
M.A., M.A.T. program fee (one time, non-refundable) .....	\$450
E.S.L. Endorsement program fee (one time, non-refundable) .....	\$250

Room and Board Charges per semester are available in the undergraduate catalog

\* Effective June 1, 2009

\*\* Does not apply to employer reimbursements if the university is notified in advance with written approval.

## Master of Science in Exercise and Nutrition Science

The M.S. in Exercise and Nutrition Science is designed to prepare students academically and professionally for many career opportunities in a health, exercise or nutrition fields.

**Required for all students (12 hours)**

EXNS 5003	Exercise Physiology	3
EXNS 5013	Exercise and Nutrition Strategies I	3
EXNS 5103	Research Design and Data Analysis	3
EXNS 5203	Nutritional Biochemistry	3

**Students select from the following courses based on interest and professional goals (20-24 hours):**

EXNS 5023	Exercise and Nutrition Strategies II	3
EXNS 5033	Anatomical Kinesiology and Biomechanics	3
EXNS 5043	Exercise and Sports Nutrition	3
EXNS 5053	Exercise Testing and Electrocardiography	3
EXNS 5213	Health Promotion and Disease Prevention	3
EXNS 5223	Nutrition and Genetics	3
EXNS 5233	Nutrition and Exercise in Obesity Treatment	3
EXNS 5243	Program Planning in Exercise and Nutrition Science	3
EXNS 5253	Nutrition Across the Life Span	3
EXNS 530V	Practicum	3-6
EXNS 5403	Special Topics in Exercise and Nutrition Science	3
EXNS 541V	Independent Study	1-3
EXNS 542V	Thesis	3-6

## Course Descriptions

**EXNS 5003 Exercise Physiology (3)**

The study of acute and chronic adaptation of the body's structures and functions during and after physical activity.

**EXNS 5013 Exercise and Nutrition Strategies I (3)**

The study of exercise and nutrition strategies for optimal wellness in healthy populations.

**EXNS 5103 Research Design and Data Analysis (3)**

The study of qualitative and quantitative methods for designing and analyzing appropriate research projects in exercise and nutrition science.

**EXNS 5203 Nutritional Biochemistry (3)**

The study of the biochemistry of digestion, absorption, and metabolism of foods and specific nutrients. Special emphasis is given to the interrelationship of metabolic pathways and the impact of biochemistry on health and disease.

**EXNS 5023 Exercise and Nutrition Strategies II (3)**

The study of exercise and nutrition strategies for optimal wellness in diseased populations.

**EXNS 5033 Anatomical Kinesiology and Biomechanics (3)**

The study of the structure of human movement from an anatomical and biomechanical perspective.

**EXNS 5043 Exercise and Sports Nutrition (3)**

The study of nutrition requirements for optimal performance in exercise and sports.

**EXNS 5053 Exercise Testing and Electrocardiography (3)**

Study and applications of commonly used graded exercise tests on the treadmill and cycle ergometer. This course will also provide an understanding of the resting and exercise electrocardiogram. (Prerequisite EXNS 5003).

**EXNS 5213 Health Promotion and Disease Prevention (3)**

The study of the role of exercise and nutrition in promoting health and preventing disease in the general population.

**EXNS 5223 Nutrition and Genetics (3)**

The study of the role of genetics in human nutrition and metabolism, with emphasis on the use of genetic testing in nutrition therapy.

**EXNS 5233 Nutrition and Exercise in Obesity Treatment (3)**

The study of exercise and nutrition therapies for treating obesity across the lifespan.

**EXNS 5243 Program Planning in Exercise and Nutrition Science (3)**

The study of the design, management, and evaluation of exercise and nutrition programs to improve health and wellness, and to treat disease.

**EXNS 5253 Nutrition Across the Life Span (3)**

The study of nutrition needs at different stages of life, including pregnancy, infancy, childhood, adolescence, and aging.

**EXNS 5403 Special Topics in Exercise and Nutrition Science (3)**

An in-depth discussion of special topics that are of interest to students and faculty. Topics must not be covered in depth in other courses. Titles will be announced in the course schedule.

**EXNS 530V Practicum (3-6)**

Supervised practice in the field of exercise and nutrition science. May be repeated for credit.

**EXNS 541V Independent Study (1-3)**

Advanced study and/or research in a specific area of exercise and nutrition science. Offered on demand.

**EXNS 542V Thesis (3-6)**

Writing of the thesis document in preparation for its defense.

## Faculty

**Ruth Henry**, B.S. (David Lipscomb College), M.S., D.A. (Middle Tennessee State University) *Associate Professor of Exercise Science.*

**Kent D. Johnson**, B.A., M.Ed. (Harding University), M.S. (University of Arizona), Ph.D. (University of Southern Mississippi), *Co-Director of Graduate Studies in Exercise and Nutrition Science, Professor of Exercise Science and Chair of the Department of Kinesiology*

**Autumn C. Marshall**, B.S. (Lipscomb University), M.S. (Texas A & M University), Ph.D. (Auburn University), *Co-Director of Graduate Studies in Exercise and Nutrition Science, Associate Professor of Nutrition and Chair of Department of Family and Consumer Sciences*



Students exercise in the Student Activities Center