



## Masters of Science (M.S.) in Exercise and Nutrition Science

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 your 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 an 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. requirement)
- Sales and marketing

### Cost

- EXNS tuition is regularly \$700 per graduate credit hour. However, a 25% discount for students matriculating in the fall, 2009 or spring, 2010 will apply, reducing tuition to \$525 per graduate credit hour.

### Admission Requirements

- BS in Exercise Science or Nutrition; Course work in Exercise Science, Nutrition, Biology, Chemistry and other sciences
- Official Transcripts
- GRE score (800 minimum to be competitive)
- 2.75 GPA
- 2 letters of recommendation
- Resume

### Curriculum

#### All students must take the following courses:

- 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:

- 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 Sci (3)
- EXNS 5253 Nutrition Across the Life Span (3)
- EXNS 5403 Special Topics in Exercise and Nutrition Science (3)
- EXNS 530V Practicum (3-6)
- EXNS 541V Independent Study (1-3)
- EXNS 542V Thesis (3-6)

### Contact Information (Co-Directors):

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