Are you interested in improving the health and well-being of individuals and communities? Learn to integrate exercise and nutritional sciences to understand how disease develops and to design novel approaches to improve health for all segments of society.

Program Description

Degree Awarded: PHD Exercise and Nutritional Sciences
With integrated disciplinary contexts, the PhD in exercise and nutritional sciences curriculum trains scholars and leaders to conduct high-impact, interdisciplinary research in exercise and nutritional sciences, to address exercise and nutrition-related health problems, and to develop effective physical activity, exercise and nutrition interventions. In contrast to other programs, this program integrates exercise, nutrition and health promotion research using a problem-centered, interdisciplinary approach. The exercise and nutritional science program emphasizes translational research, spanning from pre-clinical research aimed at understanding the biological mechanisms through which diet and exercise impact health and well-being, to clinical trials and the implementation of evidence-based practices in the community.

Students work collaboratively with an approved mentor from the beginning to the end of the doctoral program and focus their research on one primary area of interest: translational metabolism and physiology, behavioral and community health sciences, or biomechanics and motor control. Students and faculty conduct high-quality, use-inspired research intended to reduce the physical, social and economic costs of unhealthy living. Students engage in research at every stage of the program through participation in research practicums, translational research teams, research seminars and colloquia, and dissertation research.

After earning a master's degree, the program can be completed in four years with full-time study. The program also accepts part-time students.
At a Glance

- **College/School:** College of Health Solutions
- **Location:** Downtown Phoenix

Degree Requirements

89 credit hours, a written comprehensive exam, an oral comprehensive exam, a prospectus and a dissertation

**Required Core (6 credit hours)**

EXW 640 Analysis of Variance for Exercise and Wellness (3)
EXW 645 Advanced Applied Methods and Data Analysis (3)

**Required Research (12 credit hours)**

EXW 700 Research Methods (3)
EXW 701 Advanced Research Methods (3)
EXW 780 or NTR 780 Practicum (6)

**Elective Research (15 credit hours)**

**Professional Development (5 credit hours)**

EXW 691 or NTR 691 Seminar (3)
EXW 784 Internship (2)

**Focus Area (9 credit hours)**

**Electives (30 credit hours)**

**Culminating Experience (12 credit hours)**

EXW 799 or NTR 799 Dissertation (12)

**Additional Curriculum Information**

Students tailor a course of study in one of three focus areas: behavioral and community health sciences, biomechanics and motor control, or metabolism and physiology. Courses in the focus are determined in collaboration with the student's supervisory committee.

Professional development courses include a teaching internship (EXW 784) to prepare students to become teaching faculty and three semesters of a seminar course (EXW/NTR 691) that addresses career opportunities and preparation for faculty or professional positions in the nutrition, exercise and health promotion fields.

Students entering the doctoral program with a master's degree in a related discipline may count up to 30 credit hours from the master's degree toward the total credit hours, with program approval.
Admission Requirements

Applicants must fulfill the requirements of both the Graduate College and the College of Health Solutions.

Applicants are eligible to apply to the program if they have earned a master's degree in any field from a regionally accredited institution, and prefer that a data-based research thesis has been completed.

Applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in the last 60 hours of their first bachelor's degree program, and applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in an applicable master's degree program.

All applicants must submit:

1. graduate admission application and application fee
2. official transcripts
3. letter of intent
4. professional resume
5. three letters of recommendation
6. teaching or research assistantship application
7. writing sample (six to 10 pages)
8. an oral interview with program faculty (via Skype or Zoom) prior to acceptance
9. proof of English proficiency

Additional Application Information

An applicant whose native language is not English must provide proof of English proficiency regardless of their current residency.

The letter of intent should indicate research or scholarly interest, primary program area, statement of career goals and name of a potential faculty mentor from the list of approved faculty mentors.

All applicants must have completed a graduate-level research methods and a graduate-level research statistics course prior to admission. Students are expected to take a refresher in research methods and research statistics the summer prior to starting the program.

It is expected that students admitted to the program have documented academic training and a strong interest in nutrition science, exercise science, biomechanics, rehabilitation or health promotion. Thus, depending on the student's academic training, background, scholarly interests and focus area, a student may be asked to take undergraduate courses as deficiencies prior to, or concurrently with, graduate course enrollment.

Tuition Information
When it comes to paying for college, everyone's situation is different. Students can learn about ASU tuition and financial aid options to find out which will work best for them.

**Application Deadlines**

**Fall**

**Program Learning Outcomes**

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Apply appropriate advanced research methodology in the design and evaluation of research studies in exercise and nutritional sciences.
- Apply appropriate statistical analyses to evaluate research and data relevant to exercise and nutritional sciences.
- Create a grant proposal that clearly demonstrates significance, innovation, and a scientifically justified approach to address a novel research question.
- Communicate research findings to scientific audiences, including peer-reviewed literature and presentations at scientific conferences and to lay audiences.

**Career Opportunities**

Graduates are prepared for research careers in research-intensive universities, governmental agencies and health-related research positions in private industry. Students are strongly encouraged to pursue postdoctoral research opportunities upon graduation.

Career examples include:

- consultant
- entrepreneur
- exercise physiologist
- dietician or nutritionist
- health educator
- health, research or sports scientist
- postsecondary biomechanics, exercise science or nutrition teacher
- professor
- public health professional

**Contact Information**

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