

# Exercise and Nutritional Sciences, PhD

ECNUTRIPHD

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

## Program description

### **Degree awarded: PHD Exercise and Nutritional Sciences**

Within 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.

Students and faculty conduct high-quality, use-inspired research in exercise, nutrition and health promotion that is intended to reduce the physical, social and economic costs of unhealthy living. Students engage in research at every stage of the program through:

- dissertation research
- participation in research practicums
- preclinical research and clinical trials
- research seminars and colloquia
- translational research teams

Students work collaboratively with an approved mentor throughout the program and focus their research on one of three primary areas of interest: translational metabolism and physiology, behavioral and community health sciences, or biomechanics and motor control.

Those who have earned a master's degree can complete the program in four years of 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)**

BMI 515 Applied Biostatistics in Medicine and Informatics (3) or 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 Scientific Grant Writing (3)

EXW 780 or NTR 780 Practicum (6)

### **Elective Research (15 credit hours)**

### **Professional Development (5 credit hours)**

CHS 791 Seminar: Early Career Professional Development (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 translational metabolism and physiology. Courses in the focus area are determined in collaboration with the student's supervisory committee.

The program integrates professional development through a teaching internship (EXW 784) and a three-semester seminar (CHS 791 Seminar: Early Career Professional Development) 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; completion of a data-based research thesis is preferred.

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. resume or curriculum vitae
5. three references (academic or professional)
6. writing sample (6-10 pages)
7. 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 and primary program area, and include a statement of career goals and the 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 before admission. Students are expected to take a refresher in research statistics in the summer before they start 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 their 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.

Contact information for three references is required. References will be contacted via email to submit a letter of recommendation and respond to a series of questions about the applicant.

Strong applicants will be contacted to schedule an interview via teleconference prior to acceptance.

## Tuition information

When it comes to paying for higher education, 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

[expand](#)

## 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, government 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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