

MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION (GRADUATE PROGRAM IN NUTRITION AND DIETETICS)

Web Site: <https://twu.edu/nutrition-food-sciences/graduate-programs/ms-exercise-and-sports-nutrition/>

This M.S. in Exercise and Sports Nutrition (ESN) with an emphasis in Nutrition Graduate Program in Nutrition and Dietetics (GPND) is tailored specifically to those students enrolled in the Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited TWU Houston GPND. Students completing the Thesis option will be required to conduct original research under the guidance of a faculty advisor. Students completing the Coursework option are required to complete the Capstone Seminar. Students who successfully complete both the M.S. in ESN (GPND) qualify to take the national registration examination for Registered Dietitian Nutritionists (RDNs).

Marketable Skills

Marketable skills prepare students for success in a variety of professional settings. Developed through academic coursework, co-curricular engagement, and extracurricular involvement, these skills include communication, critical thinking, teamwork, ethical reasoning, adaptability, and digital literacy. Whether directly related to a student's major or serving as complementary strengths, marketable skills enhance career readiness and reflect TWU's commitment to producing graduates who are prepared to thrive in today's dynamic workforce.

1. Apply nutrition knowledge to optimize specific health benefits.
2. Appropriately interpret nutrition research to support evidence-based practice.
3. Communicate nutrition information in written and verbal form for both professional and general audiences.
4. Effectively contribute to a healthcare team.

Admissions

All students must meet the University requirements as outlined in the Admission to the TWU Graduate School (<https://catalog.twu.edu/graduate/graduate-school/admission-graduate-school/>) section of the catalog.

The academic program may have additional admission criteria that must also be completed as outlined on the program's website.

Degree Requirements

Total Semester Credit Hours Required

39 semester credit hours (SCH).

Thesis Option (39 SCH)

Course	Title	Credits
Required Courses		
NFS 5071 & NFS 5072	Supervised Experiential Learning 1: GPND Orientation and Supervised Experiential Learning 1: Foundations of Practice in Nutrition & Dietetics	3
NFS 5083	Supervised Experiential Learning 2: Applied Nutrition Practice	3
NFS 5093	Supervised Experiential Learning 3: Advanced Practice Integration	3
NFS 5103	Supervised Experiential Learning 4: Competency Synthesis and Credentialing Preparation	3
NFS 5163 or KINS 5553	Advanced Exercise Physiology Applied Exercise Physiology	3
NFS 5183	Leadership & Management in Nutrition and Dietetics	3
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5233	Research Techniques in Nutrition Sciences	3
NFS 5363	Human Nutrition in Disease	3
NFS 5583	Nutrition and Exercise	3
NFS 5983	Thesis	3
NFS 5993	Thesis	3
Sports Internship/Practicum		
Select 3 SCH from the following		3
NFS 5133	Professional Practicum in Exercise and Sports Nutrition (135 contact hours)	
NFS 5681	Sports Nutrition Practicum (Taken 3 times for 45 contact hours each)	
The sports nutrition internship/practicum may be completed at a single site or at multiple sites. Students may take NFS 5681 three times for internships/practicums completed at numerous sites and/or spread over multiple semesters with approval from program coordinator.		
Total SCHs		39

Coursework-Only Option (39 SCH)

Course	Title	Credits
Required Courses		
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5363	Human Nutrition in Disease	3
NFS 5071 & NFS 5072	Supervised Experiential Learning 1: GPND Orientation and Supervised Experiential Learning 1: Foundations of Practice in Nutrition & Dietetics	3
NFS 5233	Research Techniques in Nutrition Sciences	3
NFS 5583	Nutrition and Exercise	3
NFS 5083	Supervised Experiential Learning 2: Applied Nutrition Practice	3
NFS 5183	Leadership & Management in Nutrition and Dietetics	3

NFS 5163 or KINS 5553	Advanced Exercise Physiology Applied Exercise Physiology	3	NFS 5633	Capstone Lecture (Submission of Capstone application to advisor and/or course instructor required for registration)	3
NFS 5093	Supervised Experiential Learning 3: Advanced Practice Integration	3			
NFS 5103	Supervised Experiential Learning 4: Competency Synthesis and Credentialing Preparation	3			

Electives

Select 3 SCH from the following: 3

NFS 5033	Eating Behaviors and Eating Disorders
NFS 5043	Nutritional Aspects of Vegetarianism
NFS 5053	Functional Foods
NFS 5343	Advanced Nutritional Care
NFS 5423	Nutrition and Gerontology
NFS 5443	Nutrition and Women's Health
NFS 5453	Nutrition Education
NFS 5473	Advanced Preventive Nutrition
NFS 5493	Medical Nutrition Therapy in Pediatrics
NFS 5521	Nutrition for Collegiate and Professional Sports
NFS 5543	Nutrition in Pregnancy and Infancy
NFS 5623	Nutraceuticals and Dietary Supplements
NFS 5693	Pathophysiology and Treatment of Obesity and Metabolic Syndrome
NFS 5833	Principles of Clinical Instruction in Nutritional Care
NFS 5893	Advanced Nutritional Epidemiology
NFS 5901	Special Topics
NFS 5903	Special Topics
NFS 5911	Independent Study
NFS 5913	Independent Study (Credit cannot be received for both 5911 and 5913)
NFS 5961	Research in Nutrition and Food Sciences
NFS 5963	Research in Nutrition and Food Sciences (Credit cannot be received for both 5961 and 5963)

6000 level courses offered in Nutrition with approval of advisory committee and permission of the instructor

Elective coursework may be selected from courses above, another department, or up to 3 transfer credits with approval from the advisory committee.

Internship/Practicum

Select 3 SCH from the following 3

NFS 5133	Professional Practicum in Exercise and Sports Nutrition (135 contact hours)
NFS 5681	Sports Nutrition Practicum (Taken 3 times for 45 contact hours each)

The sports nutrition internship/practicum may be completed at a single site or at multiple sites. Students may take NFS 5681 three times for internships/practicums completed at numerous sites and/or spread over multiple semesters with approval from program coordinator.

Final Examination**Total SCHs****39****Capstone (Coursework-Only Option)**

Students in the MS ESN (GPND) Coursework-Only Option must complete NFS 5633 during their final semester (or within the last 9 credit hours) for degree completion.

Minor

A minimum of 9 graduate semester credit hours in an area of emphasis can be achieved within the total number of program hours or by taking additional coursework. If a minor is declared, a faculty member in that minor area of study must serve on the academic committee.