

MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION

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

The Master of Science in Exercise and Sports Nutrition program is administered through the Department of Nutrition and Food Sciences on both the Denton and Houston campuses. In the M.S. in Exercise and Sports Nutrition program, you will learn how to affect changes in exercise and nutrition habits for individuals. You may also be involved in research studies such as those that determine how diet and exercise impact muscle proteins and body composition.

Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<https://reportcenter.highered.texas.gov/agency-publication/miscellaneous/the60x30-strategic-plan/>) as, "Those skills valued by employers that can be applied in a variety of work settings, including interpersonal, cognitive, and applied skills areas. These skills can be either primary or complementary to a major and are acquired by students through education, including curricular, co-curricular, and extracurricular activities."

1. Integrate best nutrition practices to optimize exercise performance.
2. Effectively communicate exercise and nutrition principles in written and verbal communications.
3. Interpret scientific literature in the field of exercise and sports nutrition.
4. Lead a team of exercise and sports nutrition professionals.

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

Thesis Option: 36 semester credit hours (SCH)

Coursework-Only Option: 39 semester credit hours (SCH)

Thesis (36 SCH)

| Code | Title | SCHs |
|--|--|------|
| Group I – Required Core Courses (9 SCH) | | |
| NFS 5213 | Human Nutrition and Metabolism: Macronutrients | 3 |
| NFS 5223 | Human Nutrition and Metabolism: Micronutrients | 3 |
| Research Methods or Statistics Course - Select 3 SCH from the following: | | 3 |
| NFS 5233 | Research Techniques in Nutrition Sciences | |

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|-----------|--|
| HDFS 5193 | Statistics for Family Sciences |
| HS 5703 | Applied Statistics in Health Promotion |
| KINS 5023 | Methods of Research |
| KINS 5033 | Applied Statistical Principles |
| MATH 5573 | Statistical Methods I |

Group II – Additional Required Courses (9 SCH)

| | | |
|---------------------------------|---|---|
| NFS 5583 | Nutrition and Exercise | 3 |
| Select 3 SCH from the following | | 3 |
| NFS 5163 | Advanced Exercise Physiology | |
| KINS 5553 | Advanced Exercise Physiology | |
| Select 3 SCH from the following | | 3 |
| NFS 5133 | Professional Internship for Exercise and Sports Nutrition | |
| NFS 5681 | Sports Nutrition Practicum (taken 3 times) | |

Group III – Additional Coursework (12 hours)

| | | |
|--|---|----|
| Coursework to be selected from additional courses from the Departments of Nutrition and Food Sciences, Health Studies, Kinesiology, or coursework transferred from another institution (up to 6 hrs) with approval of the student's advisory committee | | 12 |
| HS 5063 | Aging and Health | |
| HS 5363 | Population Health | |
| KINS 5583 | Hormonal Responses during Exercise | |
| KINS 5573 | Graded Exercise Testing | |
| NFS 5033 | Eating Behaviors and Eating Disorders | |
| NFS 5043 | Nutritional Aspects of Vegetarianism | |
| NFS 5423 | Nutrition and Gerontology | |
| NFS 5443 | Nutrition and Women's Health | |
| NFS 5453 | Nutrition Education | |
| HS 5353 | Epidemiology | |
| NFS 5543 | Nutrition in Pregnancy and Infancy | |
| NFS 5473 | Advanced Preventive Nutrition | |
| NFS 5493 | Medical Nutrition Therapy in Pediatrics | |
| NFS 5521 | Nutrition for Collegiate and Professional Sports | |
| NFS 5623 | Nutraceuticals and Dietary Supplements | |
| NFS 5693 | Pathophysiology and Treatment of Obesity and Metabolic Syndrome | |

Note: A maximum of 6 credit hours for practicum, independent study, or cooperative education is permitted in this option.

Group IV – Thesis (6 SCH)

| | | |
|-------------------|--------|-----------|
| NFS 5983 | Thesis | 3 |
| NFS 5993 | Thesis | 3 |
| Total SCHs | | 36 |

Thesis Defense

Students selecting the thesis option will complete a final oral examination that should not exceed two hours and may not be taken more than twice.

Coursework-only (39 SCH)

| Code | Title | SCHs |
|---|--|------|
| Group I – Required Core Courses (15 SCH) | | |
| NFS 5213 | Human Nutrition and Metabolism: Macronutrients | 3 |

| | | |
|--|---|-----------|
| NFS 5223 | Human Nutrition and Metabolism: Micronutrients | 3 |
| NFS 5363 | Human Nutrition in Disease | 3 |
| NFS 5633 | Capstone Lecture (with a 'C' grade or higher) | 3 |
| Select 3 SCH from the following: | | 3 |
| NFS 5233 | Research Techniques in Nutrition Sciences | |
| HDFS 5193 | Statistics for Family Sciences | |
| HS 5703 | Applied Statistics in Health Promotion | |
| KINS 5023 | Methods of Research | |
| KINS 5033 | Applied Statistical Principles | |
| MATH 5573 | Statistical Methods I | |
| Group II - Additional Required Courses (9 SCH) | | |
| NFS 5583 | Nutrition and Exercise | 3 |
| Select 3 SCH from the following: | | 3 |
| NFS 5163 | Advanced Exercise Physiology | |
| KINS 5553 | Advanced Exercise Physiology | |
| Select 3 SCH from the following with approval from faculty advisor: | | 3 |
| NFS 5133 | Professional Internship for Exercise and Sports Nutrition | |
| NFS 5681 | Sports Nutrition Practicum (taken 3 times) | |
| Group III - Additional Coursework (15 SCH) | | |
| Coursework to be selected from additional courses from the Departments of Nutrition and Food Sciences, Health Studies, Kinesiology, or coursework transferred from another institution (up to 6 SCH) with approval of the student's advisory committee | | 15 |
| NFS 5033 | Eating Behaviors and Eating Disorders | |
| NFS 5043 | Nutritional Aspects of Vegetarianism | |
| 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 5623 | Nutraceuticals and Dietary Supplements | |
| NFS 5693 | Pathophysiology and Treatment of Obesity and Metabolic Syndrome | |
| HS 5063 | Aging and Health | |
| HS 5353 | Epidemiology | |
| HS 5363 | Population Health | |
| KINS 5583 | Hormonal Responses during Exercise | |
| KINS 5573 | Graded Exercise Testing | |
| Total SCHs | | 39 |

Note: A maximum of 6 credit hours for practicum, independent study, or cooperative education is permitted in this option. Research hours are not permitted.

Final Examination

Students in the M.S. in Exercise and Sports Nutrition Coursework-Only Option must complete NFS 5663 during their final semester for degree completion.

Minor

A minimum of 9 graduate SCH in an area of emphasis can be achieved within the total number of program semester credit 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.