MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION

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

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	
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.