

# MASTER OF SCIENCE IN NUTRITION

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

You can tailor our M.S. in Nutrition to meet your professional needs. If you are working full-time, want to advance your career, and complete your degree at your own pace, choose our online master's option. The 36 semester credit hours (SCH) of coursework for this degree mirrors that offered in the classroom.

If you have a nutrition-related Bachelor's degree and want to become a Registered Dietitian Nutritionist (RDN), select the Dietetic Internship/Master's program (<https://twu.edu/nutrition-food-sciences/dietetic-internship-masters-degree-program-guides/>). Or, if you are an RDN looking for an advanced degree that will better position you for academia or management, pick the Master's offered on our Denton and Houston campuses with either a coursework (36 SCH) or thesis (30 SCH) option. If you want to become an RDN and do not have a nutrition-related Bachelor's degree, consider the B.S. in Nutrition (Dietetics) (<https://twu.edu/nutrition-food-sciences/undergraduate-programs/bs-in-nutrition-dietetics/>) program or post-baccalaureate.

*The M.S. in Nutrition, along with the dietetic internship, prepares graduates to take the national Registration Examination for Dietitians and apply for a license to practice through the Texas State Board of Examiners of Dietitians. Licensing of dietitians in Texas is voluntary. If you are a resident of another state, contact our department to determine whether our program fulfills requirements to apply for licensure in your home state.*

## 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. 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

**Thesis Option:** 30 semester credit hours (SCH)

**Coursework-Only Option:** 36 semester credit hours (SCH)

### Thesis Option (30 SCH)

Code	Title	SCHs
<b>Required Courses</b>		
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5223	Human Nutrition and Metabolism: Micronutrients	3
NFS 5363	Human Nutrition in Disease	3
NFS 5331	Seminar in Nutrition	1
Select 3 SCH from the following:		3
NFS 5233	Research Techniques in Nutrition Sciences	
HDFS 5193	Statistics for Family Sciences	
KINS 5033	Applied Statistical Principles	
MATH 5573	Statistical Methods I	
<b>Required Thesis Courses</b>		
NFS 5983	Thesis	3
NFS 5993	Thesis	3
<b>Nutrition Electives*</b>		
Select a minimum of 11 SCH from the following:		11
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 5583	Nutrition and Exercise	
NFS 5623	Nutraceuticals and Dietary Supplements	
NFS 5693	Pathophysiology and Treatment of Obesity and Metabolic Syndrome	
NFS 5713	Human Resource Management in Nutritional Care Systems	
NFS 5893	Advanced Nutritional Epidemiology	
NFS 5901	Special Topics	
NFS 5903	Special Topics	
6000 level courses offered in Nutrition with approval of advisory committee and permission of the instructor.		

\*Coursework to be selected from additional courses above, other NFS program areas, coursework from another department, or coursework transferred from another institution with approval of advisory committee (up to 6 credits). Research hours (NFS 5961, NFS 5963) are permitted.

A minor of 9 graduate 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.

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

**Total SCHs** **30**

### Coursework-Only Option (36 SCH)

Code	Title	SCHs
<b>Required Courses</b>		
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 (Students take this seminar course during their final semester of formal coursework for degree completion. Students must submit the Application for NFS MS Capstone Seminar form on the next page for approval to take the Capstone Seminar. Students cannot receive credit for both NFS 5331 and NFS 5332.)	3
Select 3 SCH from the following:		3
NFS 5233	Research Techniques in Nutrition Sciences	
HDFS 5193	Statistics for Family Sciences	
KINS 5033	Applied Statistical Principles	
HS 5703	Applied Statistics in Health Promotion	
<b>Nutrition Electives*</b>		
Select 21 SCH from the following:		21
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 5543	Nutrition in Pregnancy and Infancy	
NFS 5583	Nutrition and Exercise	
NFS 5623	Nutraceuticals and Dietary Supplements	
NFS 5693	Pathophysiology and Treatment of Obesity and Metabolic Syndrome	
NFS 5763	Food Safety/Foodborne Illness	
NFS 5893	Advanced Nutritional Epidemiology	
NFS 5901	Special Topics	
NFS 5903	Special Topics	
NFS 6133	Drug and Nutrient Interactions	

\*\*Coursework to be selected from additional courses above, other NFS program areas, coursework from another department, or coursework transferred from another graduate institution with approval of advisory committee (up to 6 credits).

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

**Total SCHs** **36**

### Final Examination

Students in the MS in Nutrition Coursework-Only Option must complete NFS 5633 during their final semester 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.