

# MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION (DIETETICS)

**Web Site:** <https://twu.edu/nutrition-food-sciences/masters-dietetic-internship-msdi-programs/>

The Master's of Science (MS) in Exercise and Sports Nutrition (Dietetics) program is administered through the Department of Nutrition and Food Sciences on both the Denton and Houston campuses. In the MS 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.

This MS in Exercise and Sports Nutrition (Dietetics) is tailored specifically to those students currently enrolled in the TWU Dietetic Internship or any other Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited Dietetic Internship. Students completing the Thesis option will be required to complete original research alongside a faculty advisor. Students completing the Coursework option are required to complete Capstone Seminar. Students who successfully complete both the MS in Exercise and Sports Nutrition (Dietetics) and the dietetic internship prepares graduates may take the national registration examination for Registered Dietitian Nutritionists (RDNs).

## Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<https://reportcenter.highered.texas.gov/agency-publication/miscellaneous/thecb-60x30-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."

- Integrate best nutrition practices to optimize exercise performance.
- Effectively communicate exercise and nutrition principles in written and verbal communications.
- Interpret scientific literature in the field of exercise and sports nutrition.
- 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 (<http://catalog.twu.edu/graduate/graduate-school/admission-graduate-school/>) section of the catalog.

This 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)

Students who have completed an International Olympic Committee certification (<https://www.olympic.org/the-ioc/>) can have up to 12 of their graduate SCH transferred into the MS in Exercise and Sports Nutrition with committee approval. Students without an International Olympic Committee certification may enroll in TWU courses necessary to complete an International Olympic Committee certification while enrolled in the MS in Exercise and Sports Nutrition with advisor approval.

### Thesis (36 SCH)

Code	Title	SCHs
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5223	Human Nutrition and Metabolism: Micronutrients	3
NFS 5813	Internship Experience in Nutritional Care (Taken 4 times.)	12
NFS 5583	Nutrition and Exercise	3
KINS 5553 or NFS 5163	Advanced Exercise Physiology	3
NFS 5983	Thesis	3
NFS 5993	Thesis	3
Select 3 SCH from the following:		3
NFS 5233	Research Techniques in Nutrition Sciences	
KINS 5023	Methods of Research	
Select 3 SCH from the following:		3
NFS 5133	Professional Internship for Exercise and Sports Nutrition	
NFS 5681	Sports Nutrition Practicum (Taken 3 times.)	
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	
<b>Total SCHs</b>		<b>36</b>

### 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
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5223	Human Nutrition and Metabolism: Micronutrients	3
NFS 5363	Human Nutrition in Disease	3
NFS 5583	Nutrition and Exercise	3
NFS 5633	Capstone Lecture	3
NFS 5813	Internship Experience in Nutritional Care (Taken 4 times.)	12
KINS 5553 or NFS 5163	Advanced Exercise Physiology	3
Select 3 SCH from the following:		3

NFS 5133	Professional Internship for Exercise and Sports Nutrition	
NFS 5681	Sports Nutrition Practicum (Taken 3 times.)	
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	
Select 3 SCH from the following:		3
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	
<b>Total SCHs</b>		<b>39</b>

## Final Examination

Students in the M.S. in Exercise and Sports Nutrition (Dietetics) Coursework-Only Option must complete NFS 5332 (<https://catalog.twu.edu/search/?P=NFS%205332>) 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.