

MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION (DIETETICS)

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

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	
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
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	
Total SCHs		39

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.