

MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION

Total Semester Credit Hours Required

A minimum of 30 semester credit hours (International Olympic Committee option), 34 semester credit hours (thesis option), or 43 semester credit hours (coursework-only option) are required.

Required

Code	Title	SCHs
Group I - Required Courses		
NFS 5314	Nutrition and Human Metabolism	4
NFS 5363	Human Nutrition in Disease	3
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
Group II - Additional Required Courses		
NFS 5583	Nutrition and Exercise	3
KINS 5553	Advanced Exercise Physiology	3
KINS 5613	Cardiovascular Response to Exercise	3
KINS 5683	Exercise Evaluation and Prescription	3
Select 3 semester credit hours from the following:		3
NFS 5681	Sports Nutrition Practicum (taken 3 times)	
NFS 5133	Professional Internship for Exercise and Sports Nutrition	

Options

Three options for completion of the MS in Exercise and Sports Nutrition are available including thesis, coursework-only, or International Olympic Committee (IOC) diploma. The number of semester credit hours to complete the program will vary with the option: thesis - 34 semester credit hours; coursework-only - 43 semester credit hours; and IOC - 30 semester credit hours. Students with the RDN credential or intending to become RDN-certified will complete NFS 5681 three times. Non-RDN students will complete NFS 5133.

Minor

A minimum of 9 graduate semester credit hours 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.

Final Examination

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. Students completing the coursework-only option must complete the capstone seminar NFS 5332 with a 'C' grade or higher. Additional information is available on the department's website (<http://www.twu.edu/nutrition-food-sciences>).