MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION

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

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

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."

a. Integrate best nutrition practices to optimize exercise performance.
b. Effectively communicate exercise and nutrition principles in written and verbal communications.
c. Interpret scientific literature in the field of exercise and sports nutrition.
d. 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)

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 (Not for DI students)	
NFS 5681	Sports Nutrition Practicum (taken 3 times or taken 2 times in addition to NFS 5813)	
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 9 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 12 credit hours for internship experience, practicum, independent study, or cooperative education is permitted in this option. Research hours are not permitted.		
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 or taken 2 times in addition to NFS 5813)	
NFS 5813	Internship Experience in Nutritional Care (may replace one practicum hour NFS 5681 requirements for DI students with approval of Dietetic Internship Director AND Sports Nutrition Practicum Coordinator)	
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 9 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 12 credit hours for internship experience, 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.