

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. 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 (<http://www.60x30tx.com/>) 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. Integrate best nutrition practices to optimize exercise performance.
2. Effectively communicate exercise and nutrition principles in written and verbal communications.
3. Interpret scientific literature in the field of exercise and sports nutrition.
4. 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: 34 semester credit hours (SCH)

Coursework-Only Option: 40 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 M.S. 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 M.S. in Exercise and Sports Nutrition with advisor approval.

Thesis (34 SCH)

Code	Title	SCHs
Group I – Required Core Courses (16 SCH)		
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5223	Human Nutrition and Metabolism: Micronutrients	3
NFS 5363	Human Nutrition in Disease	3
Select 3 SCH from the following		3
NFS 5233	Research Techniques in Nutrition Sciences	
KINS 5023	Methods of Research	
Statistics Course (such as KINS 5033, HS 5703, FS 5193, MATH 5573)		3
NFS 5331	Seminar in Nutrition	1
Group II – Additional Required Courses (12 SCH)		
NFS 5583	Nutrition and Exercise	3
Select 3 SCH from the following		3
KINS 5553	Advanced Exercise Physiology	3
NFS or KINS elective		
NFS 5903	Special Topics (Advanced Exercise Physiology)	
PLUS		3
NFS 5133	Professional Internship for Exercise and Sports Nutrition (OR)	
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 RDN interns with permission of Dietetic Internship Director AND Sports Nutrition Practicum Coordinator)	
Group III – Thesis (6 SCH)		
NFS 5983	Thesis	3
NFS 5993	Thesis	3
Total SCHs		34

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 (40 SCH)

Code	Title	SCHs
Group I - Required Core Courses (14 SCH)		
NFS 5213	Human Nutrition and Metabolism: Macronutrients	3
NFS 5223	Human Nutrition and Metabolism: Micronutrients	3
NFS 5363	Human Nutrition in Disease	3
Select 3 SCH from the following		3
NFS 5233	Research Techniques in Nutrition Sciences	
KINS 5033	Applied Statistical Principles	
HS 5703	Applied Statistics in Health Promotion	
MATH 5573	Statistical Methods I	
HDFS 5193	Statistics for Family Sciences	
NFS 5332	Capstone Seminar (with a 'C' grade or higher)	2

Group II - Additional Required Courses (9 SCH)		
NFS 5583	Nutrition and Exercise	3
Select 3 SCH from the following		3
KINS 5553	Advanced Exercise Physiology	
NFS 5903	Special Topics (Advanced Exercise Physiology)	
PLUS		3
NFS 5133	Professional Internship for Exercise and Sports Nutrition (OR)	
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 RDN interns with permission of Dietetic Internship Director AND Sports Nutrition Practicum Coordinator)	
Group III - Additional Coursework (17 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		17
HS 5063	Aging and Health	
HS 5353	Epidemiology	
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	
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	Nutrition and Metabolic Syndrome	
Total SCHs		40

Final Examination

Students in the M.S. in Exercise and Sports Nutrition 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.