

Texas Woman's University
Department of Nutrition and Food Sciences
Department of Kinesiology
M.S. in Exercise and Sports Nutrition

Thesis Option

Group I - Required Core Courses: (13 hours)

NFS 5314 Human Nutrition and Metabolism*

NFS 5363 Human Nutrition and Disease

KINS 5023 Methods of Research

KINS 5033 Applied Statistics

***Students must earn a "B" or better in this core course**

Group II - Additional Required Courses: (15 hours)

KINS 5553 Advanced Exercise Physiology

KINS 5613 Cardiovascular Response to Exercise

KINS 5683 Exercise Evaluation & Prescription

NFS 5583 Nutrition and Exercise

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

Group III - Thesis: (6 hours)

KINS/NFS 5983 Thesis I

KINS/NFS 5993 Thesis II

Total Program Hours: Minimum 34 hours

Minor:

A minor of 9 graduate credit hours in an area of emphasis can be achieved within the total number of program 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.

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Professional Paper Option

Group I - Required Core Courses: (13 hours)

NFS 5314 Human Nutrition and Metabolism*

NFS 5363 Human Nutrition and Disease

KINS 5023 Methods of Research

KINS 5033 Applied Statistics

***Students must earn a "B" or better in this core course**

Group II - Additional Required Courses: (15 hours)

KINS 5553 Advanced Exercise Physiology

KINS 5613 Cardiovascular Response to Exercise

KINS 5683 Exercise Evaluation & Prescription

NFS 5583 Nutrition and Exercise

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

Group III - Electives (6 hours)

Students should select at least one course that is not representative of the student's undergraduate major. Graduate elective courses will be chosen that complement the student's goals and meet the approval of the student's graduate advisory committee.

Group III - Professional Paper (3 hours)

KINS/NFS 5973

Total Program Hours: Minimum 37 hours

Minor:

A minor of 9 graduate credit hours in an area of emphasis can be achieved within the total number of program 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.

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Coursework Option

Group I - Required Core Courses: (13 hours)

NFS 5314 Human Nutrition and Metabolism*

NFS 5363 Human Nutrition and Disease

KINS 5023 Methods of Research

KINS 5033 Applied Statistics

***Students must earn a "B" or better in this core course**

Group II - Additional Required Courses: (15 hours)

KINS 5553 Advanced Exercise Physiology

KINS 5613 Cardiovascular Response to Exercise

KINS 5683 Exercise Evaluation & Prescription

NFS 5583 Nutrition and Exercise

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

Group III - Electives (18 hours)

Students should select at least two courses from Department of Kinesiology and at least two courses from Department of Nutrition and Food Sciences. Graduate elective courses will be chosen that complement the student's goals and meet the approval of the student's graduate advisory committee.

Total Program Hours: Minimum 43 hours

Written comprehensive examination:

A written comprehensive examination based on formal coursework is required and can be taken after satisfactory completion of 21 graduate credit hours including the required core courses. Students must satisfactorily pass the written examination with a score of 70% or better, and it can be taken more than once. The examination will be offered only one time each semester.

Minor:

A minor of 9 graduate credit hours in an area of emphasis can be achieved within the total number of program 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.

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International Olympic Committee (IOC) Diploma in Sports Nutrition Option

Group I - Required Core Courses: (9 hours)

NFS 5363 Human Nutrition and Disease

KINS 5023 Methods of Research

KINS 5033 Applied Statistics

Group II - Additional Required Courses: (9 hours)

KINS 5553 Advanced Exercise Physiology

KINS 5613 Cardiovascular Response to Exercise

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

NFS 5681 Practicum in Exercise and Sports Nutrition

Group III - Electives (12 hours)

Students should select at least one course from Department of Kinesiology and at least two courses from Department of Nutrition and Food Sciences. Graduate elective courses will be chosen that complement the student's goals and meet the approval of the student's graduate advisory committee.

Total Program Hours: Minimum 30 hours plus IOC Diploma

Written comprehensive examination:

A written comprehensive examination based on formal coursework is required and can be taken after satisfactory completion of 21 graduate credit hours including the required core courses. Students must satisfactorily pass the written examination with a score of 70% or better, and it can be taken more than once. The examination will be offered only one time each semester.

Minor:

A minor of 9 graduate credit hours in an area of emphasis can be achieved within the total number of program 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.